

CHECK YOUR ENGINE

Are You At Risk Of Non-Alcoholic Fatty Liver Disease (NAFLD)?

Your liver is your body's engine. It needs to be well maintained in order to keep your body running smoothly. When your engine begins to break down due to poor maintenance habits, your body does too!

It is estimated that 20% of Canadians have non-alcoholic fatty liver disease (NAFLD). NAFLD often has no symptoms and may be living silently in your body until it reaches an advanced stage (Non-Alcoholic Steatohepatitis NASH), where cirrhosis, liver cancer and liver failure can be developed.

Take this short quiz to find out if you are at risk.

YES NO

Is your Body Mass Index (BMI) >25 or >22 if you are Asian?
Don't know your BMI? [Visit this website](#) to calculate it.

YES NO

Is your waist circumference the following?
>88 cm (women), or >80cm (Asian women), >102 cm (men), or >94cm (Asian men),

YES NO

Do you spend most of your day sitting?

YES NO

Do you exercise less than 150 minutes (2.5 hrs.) per week?

YES NO

Do you have insulin resistance or diabetes?

YES NO

Has your doctor told you that you have metabolic syndrome (high cholesterol, high triglycerides, or high blood pressure)?

YES NO

Does your daily diet include a lot of fatty and/or sugary food/drinks?

If you answered 'YES' to one or more of the questions above, visit liver.ca/CheckYourEngine to learn more about NAFLD and for tips to improve your lifestyle and reduce your risk of liver disease.

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50 years
of bringing liver research to life