Adult with NAFLD

**Lifestyle Modifications**

- **Physical activity**: 150-200 min/week aerobic exercise
- **Diet**: Mediterranean diet
- **Limit**: saturated fats, red/processed meats, refined carbs, sugar-sweetened beverages

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**Dyslipidaemia**

- Consider statin treatment*

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**Hypertension**

- Non-pharmacologic treatment
- ACE-inhibitors or angiotensin receptor blockers**

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**Tobacco use**

- Advise quitting at each visit; offer behavioral interventions & pharmacotherapy

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**Type 2 diabetes**

- Consider GLP-1 analogues/SGLT-2 inhibitors or pioglitazone (if no prior HF history)

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**Obesity**

- Goal 10% total body weight loss; hypocaloric diet, pharmacotherapy or bariatric surgery

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* Lipophilic statins may have additional benefit in HCC risk reduction
** Preferred for their possible anti-fibrotic hepatic effects