

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

Dyslipidaemia

Consider statin treatment*

Hypertension

Non-pharmacologic treatment

ACE-inhibitors or angiotensin receptor blockers**

Tobacco use

Advise quitting at each visit; offer behavioral interventions & pharmacotherapy

Type 2 diabetes

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

Obesity

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

* Lipophilic statins may have additional benefit in HCC risk reduction

** Preferred for their possible anti-fibrotic hepatic effects