



DOCTOR DISCUSSION GUIDE

Get the answers you need about NASH.

If you know you have NASH (nonalcoholic steatohepatitis), or are wondering if you do, you may not know what to ask your doctor. This guide can help. It has questions you can ask your doctor to make the most of your next visit.

Take these questions to your next appointment.

Diagnosing NASH: DO I HAVE NASH?



Could my fatty liver disease be NASH?

- What's the difference between fatty liver disease and NASH?



Should I get tested for NASH?

- Could I already have NASH because I have type 2 diabetes and I am very overweight (obese)?
- Mention if you also have any of the conditions below, as you may have a greater chance of having NASH:
 - High blood pressure
 - High triglycerides
 - Abnormal cholesterol levels



What tests could help me learn if I have NASH or liver scarring?

- Can you tell me about imaging tests (such as FibroScan®), blood-based tests (such as FIB-4/ELF), and liver biopsies, and how they can help assess liver scarring?
- Can you do these tests or recommend someone who can?

Monitoring NASH: I HAVE NASH, WHAT'S NEXT?



Does my liver have any scarring (fibrosis)? If so, how much?

- Are there tests I can get to see if my scarring is getting worse over time?
- What can I do now to slow or even reverse scarring and liver damage?
- Could I develop cirrhosis (severe scarring) and what are the consequences?



How often should I have the scarring in my liver monitored?

Managing NASH: HOW DO I GET THE BEST CARE FOR MY LIVER?



What doctors specialize in treating NASH?

- What do hepatologists and gastroenterologists treat?
- When should I see a doctor who specializes in NASH?
- Can you recommend someone in the area?



Can you recommend any support groups or websites that help people with NASH?

ELF=enhanced liver fibrosis; FIB-4=Fibrosis-4.



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During your appointment, use this space to write down any notes.
