

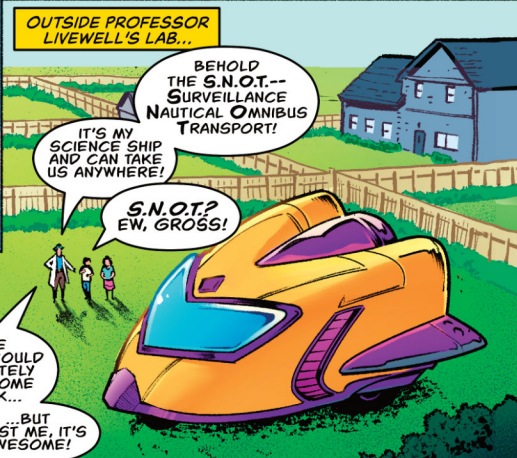
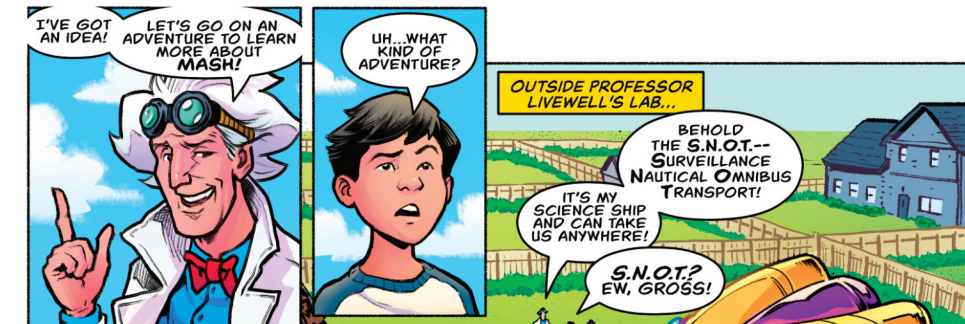
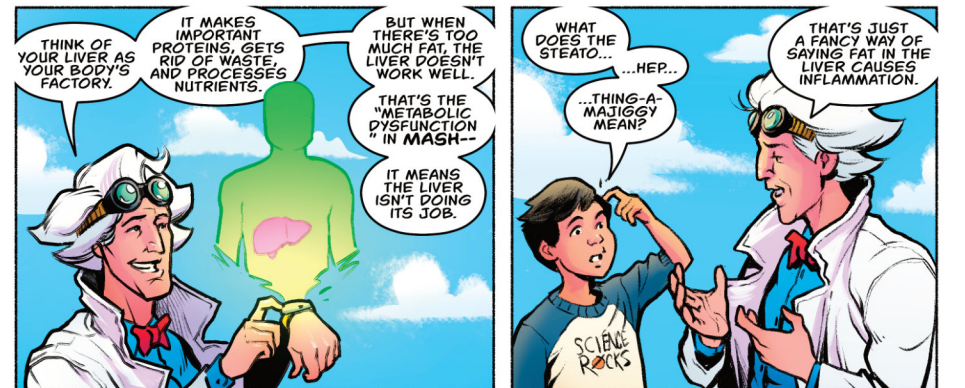
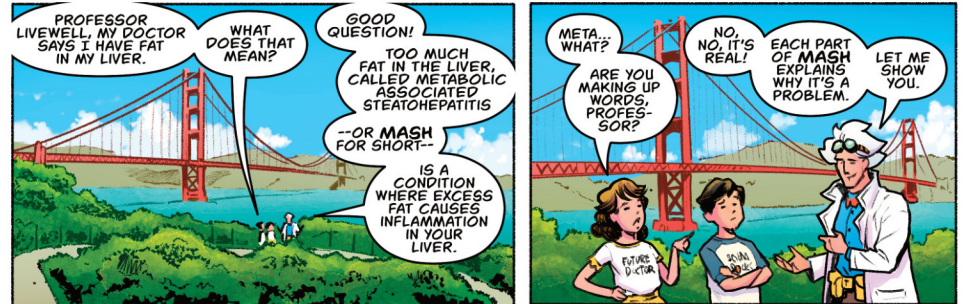


DECODE THE **MASH** MYSTERY!
 •THE LIVER CAN HEAL ITSELF IF CAUGHT EARLY--YOUR LIFESTYLE MATTERS!
 •YOUR DOCTOR MONITORS YOUR LIVER ENZYMES, SPECIFICALLY **ALT** AND **AST**, TO HELP DIAGNOSE **MASH** AND TO TRACK YOUR LIVER'S HEALING. THE LOWER THE NUMBER THE BETTER!
 •EAT A BALANCED DIET WITH LESS SUGAR AND MORE FIBER.
 •STAY ACTIVE, DON'T SMOKE OR VAPE, AND KEEP A HEALTHY WEIGHT.
 •PROTECTING YOUR LIVER ALSO LOWERS THE RISK OF HEART DISEASE, DIABETES, AND EVEN DEMENTIA!

LIVEWELL COMICS PRESENTS:

PROFESSOR LIVEWELL

EVERYTHING YOU WANTED TO KNOW ABOUT FATTY LIVER DISEASE BUT WERE AFRAID TO ASK!



INSIDE THE S.N.O.T.

PUSH THAT BUTTON, AND WE'LL ZOOM IN TO SEE HOW FAT MESSES WITH YOUR LIVER-- AND HOW YOU CAN FIX IT!

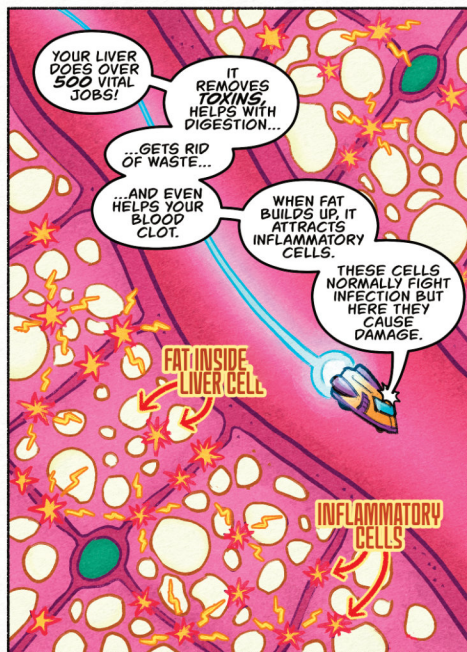


WHOOAA!!

WHAT'S THAT?

THAT'S A LIVER WITH MASH.

LET'S TAKE A CLOSER LOOK.



YOUR LIVER DOES OVER 500 VITAL JOBS!

IT REMOVES TOXINS, HELPS WITH DIGESTION...

...GETS RID OF WASTE...

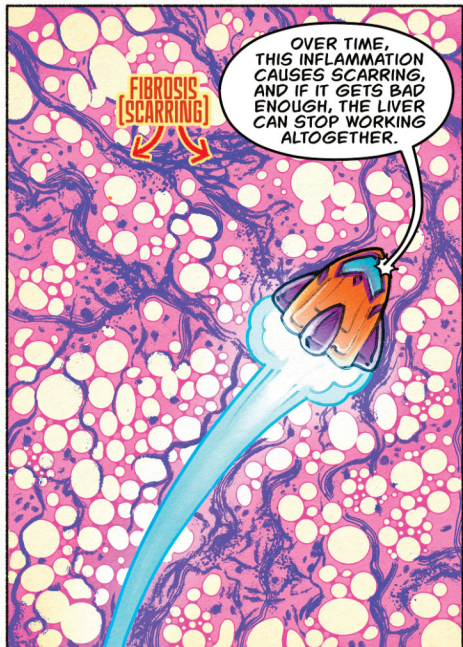
...AND EVEN HELPS YOUR BLOOD CLOT.

WHEN FAT BUILDS UP, IT ATTRACTS INFLAMMATORY CELLS.

THESE CELLS NORMALLY FIGHT INFECTION BUT HERE THEY CAUSE DAMAGE.

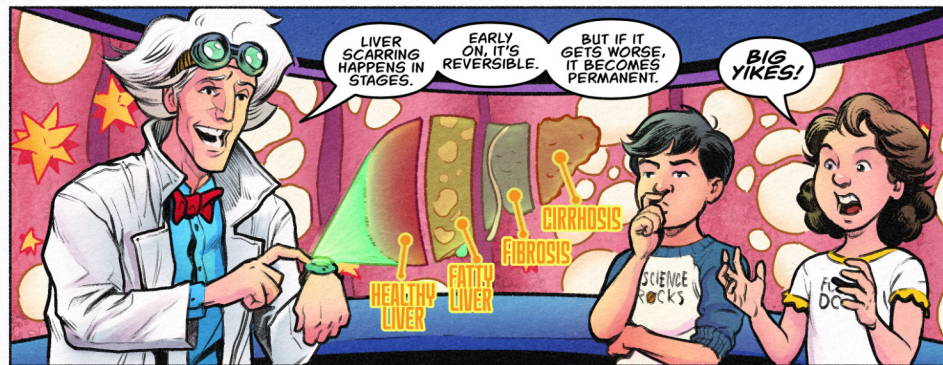
FAT INSIDE LIVER CELL

INFLAMMATORY CELLS



FIBROSIS (SCARRING)

OVER TIME, THIS INFLAMMATION CAUSES SCARRING, AND IF IT GETS BAD ENOUGH, THE LIVER CAN STOP WORKING ALTOGETHER.



LIVER SCARRING HAPPENS IN STAGES.

EARLY ON, IT'S REVERSIBLE.

BUT IF IT GETS WORSE, IT BECOMES PERMANENT.

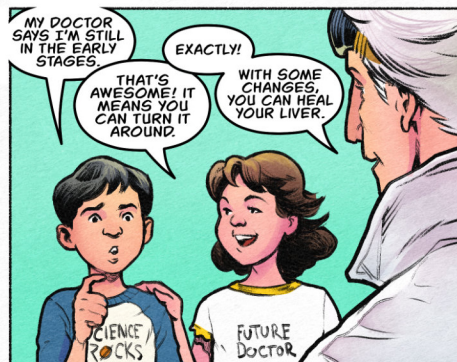
BIG YIKES!

CIRRHOSIS

FIBROSIS

HEALTHY LIVER

FATTY LIVER

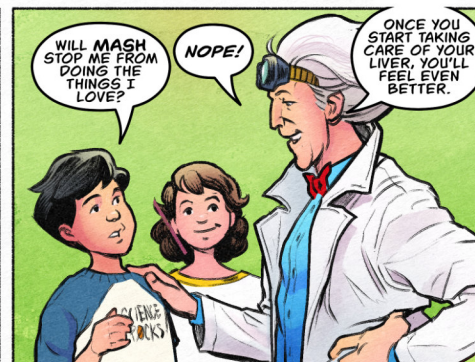


MY DOCTOR SAYS I'M STILL IN THE EARLY STAGES.

EXACTLY!

THAT'S AWESOME! IT MEANS YOU CAN TURN IT AROUND.

WITH SOME CHANGES, YOU CAN HEAL YOUR LIVER.



WILL MASH STOP ME FROM DOING THE THINGS I LOVE?

NOPE!

ONCE YOU START TAKING CARE OF YOUR LIVER, YOU'LL FEEL EVEN BETTER.

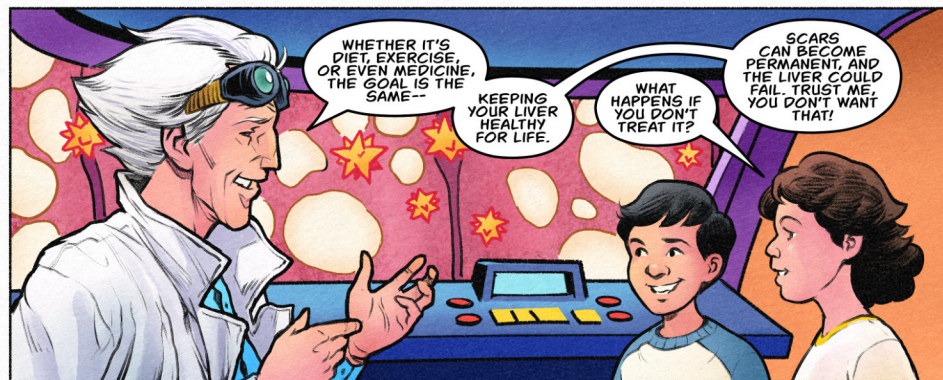


TREATING MASH STARTS WITH HEALTHY HABITS--

LIKE EATING WELL, CUTTING BACK ON HIGHLY PROCESSED FOODS AND SUGAR, AND STAYING ACTIVE.

MAKES SENSE! BUT HOW DO YOU BEGIN MAKING THOSE CHANGES?

GREAT QUESTION! YOUR DOCTOR WILL GUIDE YOU. DON'T FORGET-- ASKING QUESTIONS IS KEY!



WHETHER IT'S DIET, EXERCISE, OR EVEN MEDICINE, THE GOAL IS THE SAME--

KEEPING YOUR LIVER HEALTHY FOR LIFE.

WHAT HAPPENS IF YOU DON'T TREAT IT?

SCARS CAN BECOME PERMANENT, AND THE LIVER COULD FAIL. TRUST ME, YOU DON'T WANT THAT!