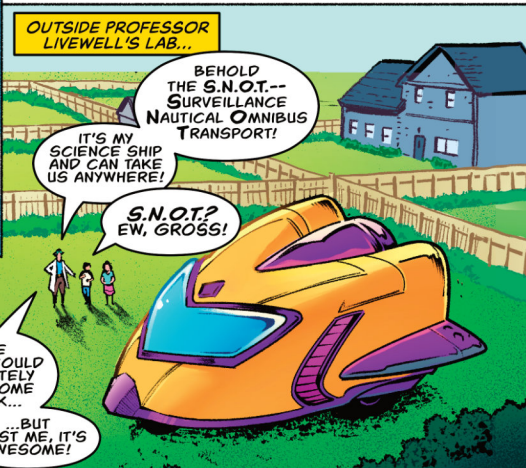
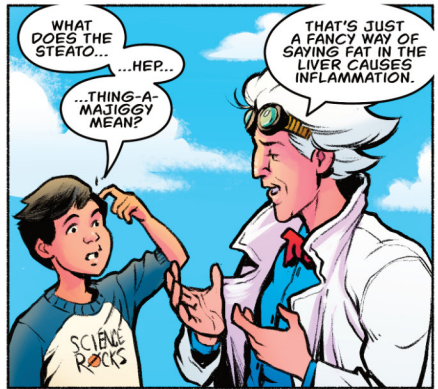
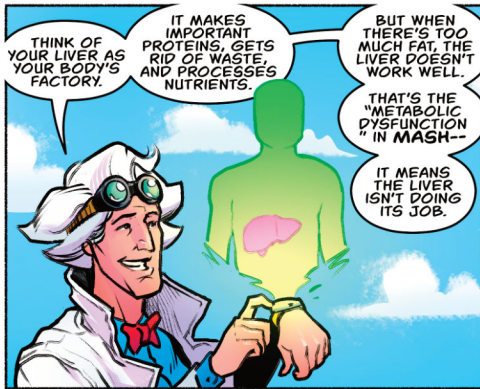
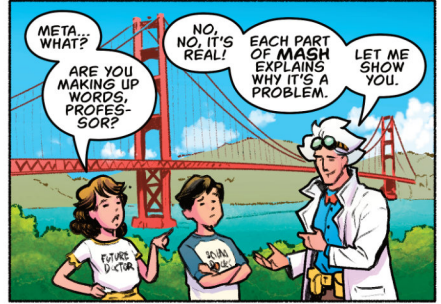
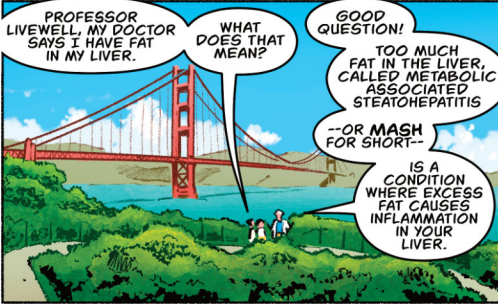


LIVEWELL COMICS PRESENTS:

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!

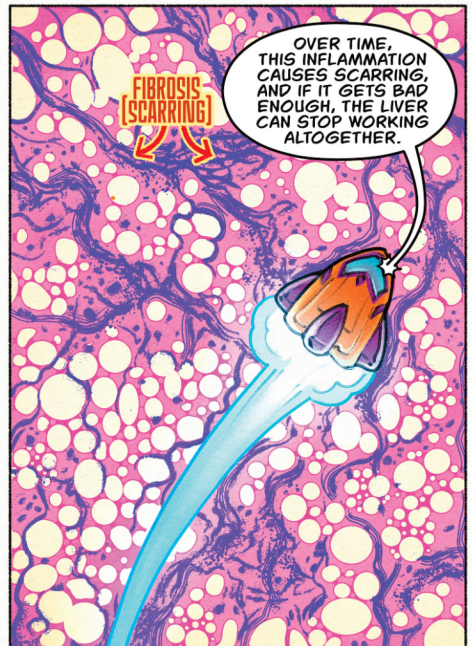
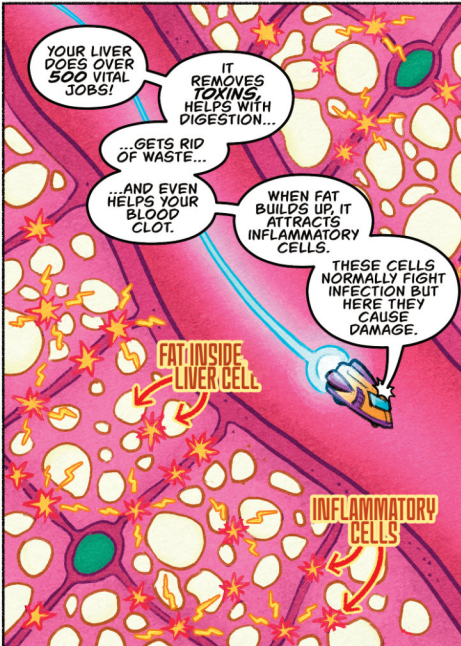


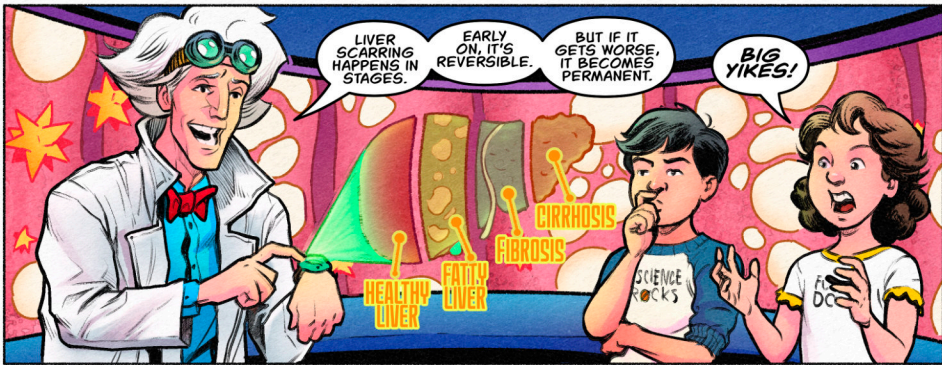
WHOOAA!!

WHAT'S
THAT?

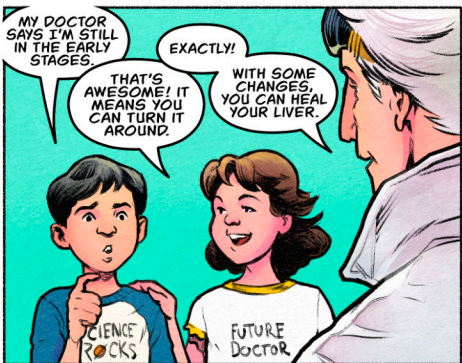
THAT'S
A LIVER
WITH
MASH.

LET'S
TAKE A
CLOSER
LOOK.

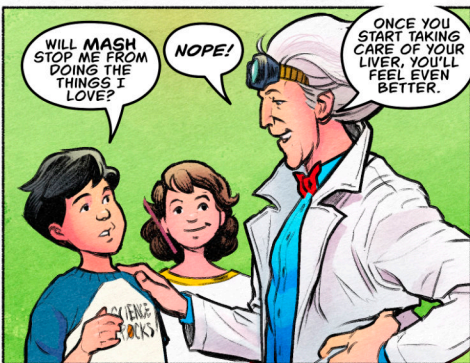




LIVER SCARRING HAPPENS IN STAGES. EARLY ON, IT'S REVERSIBLE. BUT IF IT GETS WORSE, IT BECOMES PERMANENT. **BIG YIKES!**



MY DOCTOR SAYS I'M STILL IN THE EARLY STAGES. EXACTLY! WITH SOME CHANGES, YOU CAN HEAL YOUR LIVER. THAT'S AWESOME! IT MEANS YOU CAN TURN IT AROUND.



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!



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!