

What is Steatosis?

When there is a lot of fat in the liver it is called steatosis or fatty liver. Fatty liver is usually caused by eating too much food that contains a lot of fat especially food that is deep fried or highly processed, such as fried chicken, hamburgers, and French fries to name a few. Not getting enough exercise also makes it easier to get a fatty liver.

Anyone can get a fatty liver, but it seems that people with

hepatitis C (HCV or Hep C for short) get it easier.

Fatty liver can cause damage to the liver. If you have hepatitis C and a fatty liver then it increases the chances that the liver will become damaged more quickly. Also the medicines to treat HCV don't work as well if someone has a fatty liver.

Currently there are no medicines to treat fatty liver, but there are many things that you can do to help decrease the amount of fat in your liver:

- ◆ **Talk with your doctor or nurse about a diet and exercise program that is right for you. Set realistic goals.**
- ◆ **Making changes to eat better and exercise more is not easy. Make sure you talk with your doctor, nurse, family and friends for support and help.**
- ◆ **Go to www.mypyramid.gov for information about a good diet. If you don't have internet access, see if your local library has internet.**

Remember.....

- ◆ **Exercise – start slow and build up to 30 minutes a day if possible.**
- ◆ **Diet – eat a healthy diet and stay away from the food that can cause fatty liver such as fried foods and overly processed (salty, lots of chemicals) foods.**