



## Non-Alcoholic Fatty Liver Disease

### 非酒精性脂肪肝病

#### English

Nonalcoholic fatty liver disease (NAFLD), also known as steatohepatitis, is an inflammation of the liver caused by an accumulation of fat deposits in the liver tissue. In most people, the underlying problem is obesity, diabetes or both. Additional factors are a family history of diabetes and high blood lipids in people who are not obese. In some patients, genetic factors appear to be important.

NAFLD typically shows up as an unexpected abnormality in liver function tests, usually the alanine aminotransferase (ALT) test, in people who otherwise feel well. The elevation of this test generally is minor and in younger patients, does not indicate a serious liver condition. However, if the cause of NAFLD, such as obesity or diabetes, is not treated, the condition may progress.

In people over the age of 50, the first indication of NAFLD may be a sign of serious liver disease, cirrhosis. Studies are underway to determine the precise risk of progression of NAFLD to cirrhosis; at this time, it is estimated as 20 percent.

#### Traditional Chinese 繁體中文

非酒精性脂肪肝病 (NAFLD) 也稱為脂肪性肝炎，乃由於肝臟組織中脂肪堆積而引起的肝臟炎症。在大多數人中，潛在的問題是肥胖、糖尿病或兩者兼有。其他因素是家族的糖尿病史，而非肥胖人士則是高血脂。在某些患者中，遺傳因素看來也是關鍵的。

有非酒精性脂肪肝病人一般會在肝功能檢查中－通常是丙氨酸氨基轉移酶 (ALT) 檢查，有意想不到的異常情況，而其他卻感覺良好。該檢查的升幅一般較小，而在年輕患者中，也並不表示嚴重的肝臟疾病。不過，導致非酒精性脂肪肝病的原因，例如肥胖、糖尿病等，如果不治療，則病情可能會惡化。

至於50歲以上的，非酒精性脂肪肝病人首先出現的病徵可能是嚴重的肝病－肝硬化。目前估計有20%的人由非酒精性脂肪肝病發展為肝硬化，現正進行研究去確定進展的風險。

As the prevalence of obesity has been increasing in the United States, the incidence of NAFLD also has been increasing. As a result, NAFLD is now among the most common reasons that patients are referred for liver transplantation.

隨著美國肥胖症患病率的上升，非酒精性脂肪肝病的發病率也在上升。非酒精性脂肪肝病是目前導致患者轉介做肝臟移植最常見的原因之一。

### **UCSF's Approach to Non-Alcoholic Fatty Liver Disease**

加州大學舊金山治療非酒精性脂肪肝病的方法

Treatment for NAFLD focuses on addressing its underlying cause, which is often obesity, diabetes or both. Successful treatment can stop or slow the liver damage.

治療非酒精性脂肪肝疾病主要是治本，這原因通常是肥胖、糖尿病或兩者兼有。成功治療可以制止或減緩對肝臟的損害。

If the liver becomes too damaged to function, liver transplantation may be an option. UCSF offers a liver transplant program known for outstanding outcomes and survival statistics that are among the best in the country. Our program helped pioneer techniques that have made transplantation safer and more successful.

如果肝臟過度受損而無法正常運作，則可以選擇肝臟移植。加州大學舊金山分校正提供一項肝臟移植計劃；該計劃以其出色的成績和存活數字而見著，並冠絕全國。我們的計劃開拓處於領先地位之技術，使移植更安全、更成功。