

# EASY C FACTS

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. This includes fried chicken, hamburgers, and French fries to name a few. Not getting enough exercise also makes it easier to get a fatty liver.

## What is Steatosis?

Anyone can get a fatty liver, but it seems that people with hepatitis C (HCV or Hep C for short) get it easier. People with genotype 3 are much more likely to have fatty liver.

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.

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.choosemyplate.gov](http://www.choosemyplate.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 and sugary) foods.

**Get Tested. Get Treated. Get Cured.**

[www.hevadvocate.org](http://www.hevadvocate.org)



by Alan Franciscus

Reviewed June 2018