

Understanding METABOLIC DYSFUNCTION- ASSOCIATED FATTY LIVER DISEASE

Guide to Symptoms, Causes, and Research



What is Fatty Liver Disease?

Fatty-liver disease (FLD), especially metabolic-associated fatty liver disease (MAFLD) formerly called non-alcoholic fatty liver disease (NAFLD) is now the most common liver disease in Australia and a major emerging public-health issue.

Fatty-liver disease affects around 1 in 3 Australian adults.

Approximately 37% of Australians are estimated to have MAFLD.

That equals about 5.5 million Australians affected in 2019, projected to rise to over 7 million by 2030.



Causes

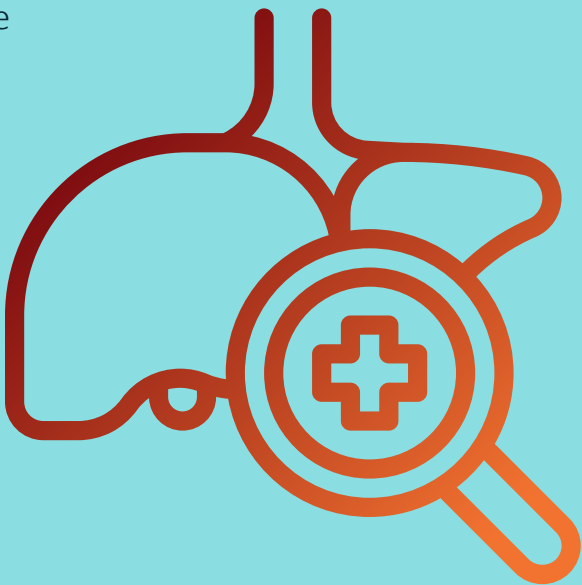
Fatty liver is strongly linked to metabolic health and lifestyle

Major risk factors include:

- Overweight and obesity (most important risk factor)
- Type 2 diabetes
- High blood pressure
- High cholesterol or triglycerides
- Poor diet and sedentary lifestyle
- Excess alcohol (in alcohol-related disease)

In one Australian study, among people with fatty liver:

- 69% were obese
- 66% had hypertension
- 19% had diabetes



Common Signs and Symptoms



Fatty liver is progressive and can lead to serious illness. Fatty liver is now a major contributor to liver cancer and liver transplants in Australia, driven largely by obesity.

Disease progression stages

- Fat accumulation in liver
- Inflammation (steatohepatitis or MASH)
- Fibrosis (scarring)
- Cirrhosis (severe scarring and liver failure)
- Liver cancer

Serious complications include:

- Cirrhosis
- Liver failure
- Liver cancer
- Heart disease
- Kidney disease

The Storr Liver Centre

The Storr Liver Centre, led by Professor Jacob George, researches how to better prevent, understand, and treat liver diseases and liver cancer. Their work ranges from basic lab studies to developing new therapies, including stem-cell-based liver repair, nanomedicine for cancer, and potential cures for hepatitis B. They collaborate widely to make sure their discoveries improve real-world patient care.

Prof. Jacob George WIMR Profile

Research Focus

Research Groups

Achievements