



ACTUALLY,
NASH SHOULD BE A PRIORITY

What to ask your liver specialist about NASH

Whether you’ve just been diagnosed with NASH (a progressive form of fatty liver disease) or you’ve been managing it for a while, it can be hard to know what to say when you’re visiting your liver specialist. And if you’ve been having the same conversation about NASH over and over, consider changing things up now that medical research is giving us new ways to think about NASH.

Below, you’ll find a few conversation starters, as well as some questions your liver specialist may ask you. If you’d like, there’s space to write in your own questions at the bottom. You may also wish to write down what your liver specialist tells you—or consider bringing a friend or family member with you to help you remember.

- 1. Have I been diagnosed with NASH and not fatty liver? What is the difference between them?**
- 2. Does my liver show signs of fibrosis (scarring)?**
- 3. If I have fibrosis, is it progressing (getting worse)? What are the risks that come with fibrosis progression?**
- 4. I’m taking the following steps to manage my NASH (check all that apply to you).**

Is there anything else I could do?

- Diet
 - Working with a nutritionist or dietician
 - Counting calories
 - Limiting my carb intake
 - Limiting my fat intake
 - Limiting my sugar intake
 - Trying to eat more fruits, vegetables, and healthy protein sources
 - Trying to cut out bad foods
 - Trying another diet or approach: _____

- Fitness/Exercise
Write in your exercise habits here: _____

- Limiting alcohol
- Reducing my stress
What do you do to relieve your stress (meditation, exercise, time with friends and family, etc)?

5. I'm experiencing the following symptoms (check all that apply to you).

Are they related to NASH?

- Discomfort in upper right side of abdomen
 - Fatigue/tiredness
 - Bleeding easily
 - Bruising easily
 - Itchy skin
 - Yellow discoloration of skin
 - Loss of appetite
 - Fluid buildup in abdomen
 - Swelling in legs
 - Other: _____
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6. Does controlling or treating any of my other conditions (such as type 2 diabetes, high cholesterol, high blood pressure, obesity, or a related condition) help me manage NASH?

7. How frequently should I come back for check-ups?

8. Would any advancements be able to help me manage NASH?

Here are some questions your doctor may ask you. If you'd like, take a moment before your appointment to think how you'd answer them.

1. What are your goals for NASH management?

2. Have you made changes to your diet and lifestyle? If so, have you been able to stick to them?

3. How can I help you with your diet and lifestyle regimen? What additional support might be helpful to you in terms of your diet and lifestyle changes?

Have questions of your own? Add them here:



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