

FATTY LIVER:

The Silent Epidemic

脂肪肝：无声的流行病



Around **1 in 3** adults have it.
Most have no clue.

约**三分之一**的成年人患有脂肪肝。
大多数人对此毫不知情。

ARE YOU AT RISK? 您有风险吗?

What Is Fatty Liver Disease?

Fatty liver disease occurs when excess fat accumulates in liver cells. While a small amount of fat is normal, problems arise when fat exceeds about 5–10% of liver weight, affecting normal liver functions.

There are two main types:

- Alcoholic fatty liver disease – associated with excessive alcohol consumption
- Non-alcoholic fatty liver disease (NAFLD) – linked to metabolic and lifestyle factors

NAFLD is strongly associated with metabolic conditions such as insulin resistance, obesity, type 2 diabetes and abnormal blood lipids.

Today, it is estimated that **around 1 in 3 adults worldwide is affected by NAFLD**, reflecting its emergence as a major liver health concern.

什么是脂肪肝?

脂肪肝是指肝脏细胞内脂肪堆积过多。虽然肝脏内有一定量的脂肪是正常的，但当脂肪含量超过肝脏重量的5%至10%时，就会出现健康问题，影响肝脏的正常功能。

脂肪肝分两类：

- 酒精性脂肪肝（长期过量饮酒所致）
- 非酒精性脂肪性肝病（NAFLD）：更常见，与代谢紊乱密切相关——如胰岛素抵抗、腹型肥胖、2型糖尿病、高甘油三酯。

非酒精性脂肪性肝病与胰岛素抵抗、肥胖、2型糖尿病和血脂异常等核心代谢紊乱密切相关。

全球约三分之一成年人患有非酒精性脂肪性肝病，已成为最常见的慢性肝病。

Why Fatty Liver Matters?

Fatty liver disease is not simply the presence of fat in the liver. Over time, it can progress through several stages:

- **Simple fatty liver (steatosis):** Fat accumulation with little or no inflammation
- **Steatohepatitis (MASH/NASH):** Fat accumulation with inflammation and liver cell injury
- **Fibrosis:** Early scarring of liver tissue
- **Cirrhosis:** Advanced scarring with permanent structural damage
- **Liver failure or liver cancer:** Possible long-term complications in severe cases

Early stages may be reversible, but advanced scarring is usually permanent.

Understanding this progression explains why early detection and intervention are critical.

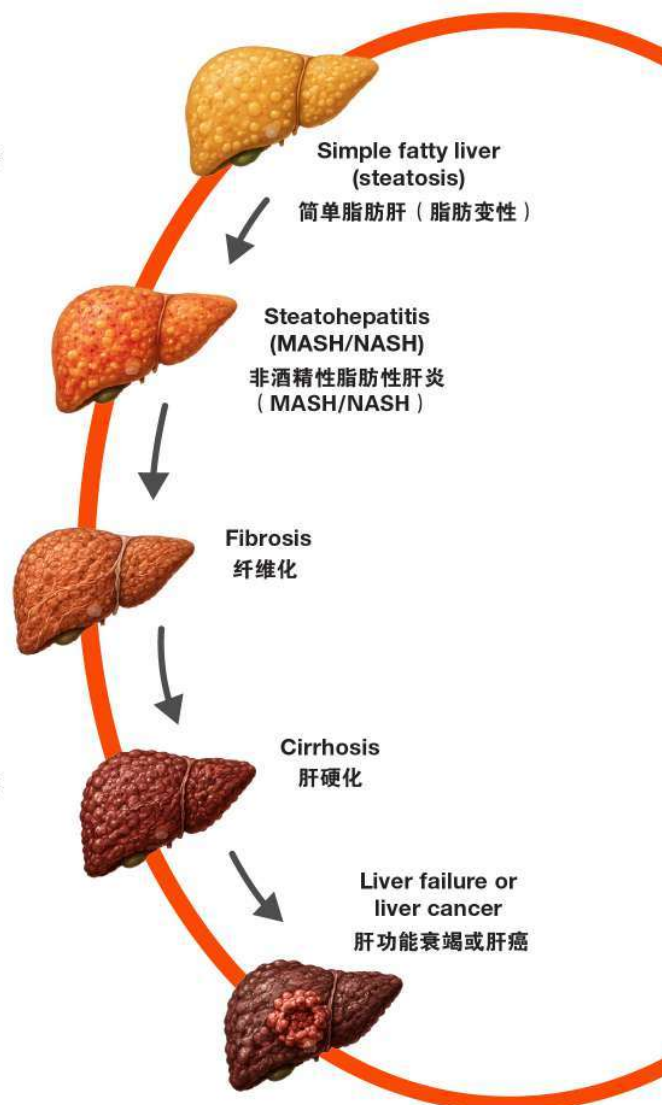
为何肝脏健康关乎全局?

脂肪肝并非只是一点脂肪堆积，而是可能进展为：

- **简单脂肪肝（脂肪变性）：**脂肪堆积但几乎没有或没有炎症
- **非酒精性脂肪性肝炎（MASH/NASH）：**脂肪堆积伴有炎症和肝细胞损伤
- **纤维化：**肝脏组织早期出现瘢痕
- **肝硬化：**晚期瘢痕形成，造成永久性结构损伤
- **肝功能衰竭或肝癌：**严重病例可能出现的长期并发症

早期非酒精性脂肪性肝病具有可逆性；然而，一旦发展为晚期肝纤维化或硬化，则通常是永久性的。

因此，早发现、早干预至关重要。



1

Dietary factors 饮食

- Excessive sugar consumption
 - High-fructose corn syrup (commonly found in bubble tea, commercial sauces and beverage; may appear on labels as corn syrup, maize syrup, fructose-glucose syrup or glucose-fructose syrup.)
 - Ultra-processed foods
 - Refined carbohydrates such as white bread, pastries, noodles and pasta
 - Fried foods and trans fats (margarine, commercial baked goods)
 - Industrial seed oils such as canola (rape-seed), vegetable, soybean and sunflower oils
 - Artificial sweeteners (diet sodas, sugar-free drinks)
 - Food additives (preservatives, flavour enhancers, artificial colourings)
 - Non-dairy creamers (instant coffee mixes, 3-in-1 drinks)
- 过量摄入糖分
 - 高果糖玉米糖浆（奶茶、酱料、饮料中常见；在标签上可能显示为玉米糖浆、玉米糖浆、果葡糖浆或葡萄糖浆）
 - 超加工食品
 - 精制碳水，如白面包/糕点/面条等
 - 油炸食品、人造黄油、商业烘焙品（含反式脂肪）
 - 菜籽油、大豆油、葵花籽油等工业种子油
 - 人工甜味剂（无糖饮料）
 - 食品添加剂（防腐剂、增味剂、人工色素）
 - 非乳制奶精（速溶咖啡混合物、三合一饮料）



2

Environmental factors 环境

- Air pollution
- Pesticide exposure
- 空气污染
- 农药残留



What Drives NAFLD Today?

哪些因素在悄悄伤害您的肝脏？

NAFLD rarely develops as a result of a single factor. Instead, it typically arises from the combined effects of dietary, lifestyle and environmental influences that disrupt metabolic health.

Over time, these influences can promote insulin resistance, inflammation, and fat accumulation in the liver, increasing the risk of NAFLD and its progression.

非酒精性脂肪性肝病很少由单一因素引起，而是长期不良饮食、缺乏运动和环境因素共同损害代谢健康的结果。

这些因素会引发胰岛素抵抗、慢性炎症和肝内脂肪堆积，直接推动非酒精性脂肪性肝病发生及向更严重阶段进展。

3

Lifestyle factors 生活方式

生活方式

- Sedentary lifestyle
- Chronic stress
- Poor sleep
- Smoking
- Dehydration
- 缺乏运动
- 长期压力
- 睡眠不足
- 吸烟
- 饮水不足



Who Is Most at Risk?

Your risk of developing non-alcoholic fatty liver disease (NAFLD) may be higher if you have one or more of the following:

- Excess belly fat (abdominal obesity)
- Type 2 diabetes or prediabetes
- High cholesterol or triglycerides
- High blood pressure
- A sedentary lifestyle
- A diet high in sugary or processed foods
- A family history of metabolic disease

谁最容易得脂肪肝?

以下任一情况都会增加患非酒精性脂肪性肝病 (NAFLD) 的风险:

- 腹型肥胖 (腰腹脂肪堆积)
- 2型糖尿病或糖尿病前期
- 高胆固醇或高甘油三酯
- 高血压
- 缺乏运动
- 长期吃高糖、加工食品
- 家族中有代谢性疾病史

Did You Know? 小知识

You don't have to be overweight to develop fatty liver disease. In fact, **NAFLD** can occur in people with a **normal body weight**, particularly among **Asian populations** with underlying **metabolic risk factors**.

体重超标并非发展脂肪肝的必要条件。事实上，非酒精性脂肪性肝病也可能发生在体重正常的人群中，尤其在存在潜在代谢风险因素的亚洲人群中。

Signs & Symptoms 体征与症状

In early stages, NAFLD usually presents no symptoms. As it progresses, some individuals may experience:
早期通常无症状。警惕这些信号:



Diagnosis and Early Detection

Early detection is key to preventing progression and complications. Common diagnostic tools include:

- Blood tests to assess liver enzymes
- Imaging such as ultrasound, CT scans, or MRI scans
- In selected cases, liver biopsy

In early stages of fatty liver and inflammation, improvement and reversal are often possible when underlying causes are addressed.

However, once cirrhosis develops, damage is usually permanent.

诊断与早期发现

早期发现是预防病情进展和并发症的关键。常见检查包括:

- 肝功能血液检测
- 肝脏超声
- 必要时CT/MRI或肝活检

在脂肪肝和炎症的早期阶段,当解决根本原因时,病情改善和逆转通常是可能的。

然而,一旦出现肝硬化,损伤通常是永久性的。

Managing and Supporting Liver Health

肝脏健康的管理与维护

Liver health improves when metabolic stress is reduced and supportive habits are consistently maintained.

肝脏健康会在代谢压力降低，并持续维持有益健康的生活习惯时逐渐改善。

Core Lifestyle Measures

核心生活方式措施

- Reduce added sugar and refined carbohydrates
 - Maintain a healthy body weight (even 5–10% weight loss can significantly reduce liver fat)
 - Eat a whole-food diet rich in vegetables, fibre and lean protein
 - Engage in regular physical activity (at least 150 minutes per week)
 - Limit or avoid alcohol
 - Avoid smoking
 - Use medications responsibly under medical guidance
 - Go on the Detoxification & Rejuvenation Programme (DRP) at least once a year.
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- 少吃添加糖和精制碳水化合物
 - 控制体重：减重5% - 10%即可显著减少肝脂肪
 - 多吃天然食物：蔬菜、高纤食物、优质蛋白
 - 坚持规律运动（每周至少150分钟）
 - 不饮酒或严格限酒
 - 戒烟
 - 药物遵医嘱使用
 - 每年至少进行一次排毒与复健计划（DRP）



These remain the foundation of liver health management.

For more detailed guidance on liver-supportive nutrition, lifestyle practices and targeted supplements, we invite you to read our companion article, *Is Your Liver Healthy?*, on page 4.

If you do suffer from this health condition, we can recommend a Nutritional Programme for you. Please reach out to Dr Leon Tan at drleon@newlife.com.my for more information.

以上是护肝最基础、最有效的措施。

想了解更多关于护肝营养、生活方式以及针对性补充剂的详细建议，欢迎阅读《您的肝脏健康吗？》（第4页）。

如已确诊脂肪肝，我们可为您定制营养干预方案。请联系陈健良博士（自然疗法医师）：drleon@newlife.com.my。



Fatty liver disease often develops silently, but early-stage disease is frequently reversible because the liver has a remarkable capacity to repair itself. The liver is remarkably forgiving until it is not. With greater awareness, timely intervention, and consistent lifestyle changes, many people can improve liver health and reduce the risk of permanent damage.

脂肪肝疾病通常在无症状的情况下发展，但早期阶段往往可以逆转，因为肝脏具有强大的自我修复能力。肝脏是非常宽容的，直到它被摧残。一旦进展为炎症或纤维化，则可能不可逆。因此，及早识别、调整生活方式（如饮食、运动），是保护肝脏最有效的方法。