

# Honor International NASH Day 2021—Your Liver Will Thank You!

NASH is a more severe form of non-alcoholic fatty liver disease. Learn more about this type of hepatitis on #NASHday 2021.

June 10, 2021 By [Trent Straube](#)

Thursday, June 10, is International NASH Day 2021 ([#NASHday](#)). It's a chance to raise global awareness about non-alcoholic steatohepatitis (NASH), which is a more severe form of non-alcoholic fatty liver disease (NAFLD), itself a type of hepatitis.



[View this post on Instagram](#)

A post shared by Global Liver Institute (@globalliverinstitute)

Hepatitis simply means inflammation of the liver. There are many forms of hepatitis and several causes, including viruses such as hepatitis A, B and C as well as a buildup of fat or toxins, such as excessive amounts of alcohol. For more, see Hep Mag's [Introduction to Hepatitis](#) and the section

on [NAFLD/NASH](#), which notes:

“NAFLD is caused by excess fat in the liver, which leads to inflammation to the organ. If NAFLD progresses and damages liver cells, the condition is called non-alcoholic steatohepatitis (NASH). NAFLD often occurs without symptoms and is quickly becoming the most common liver disease in the United States. NASH is a serious condition that can progress to [cirrhosis](#), which can lead to liver cancer or liver failure.”

International NASH Day is sponsored by the [Global Liver Institute](#), a collaborative effort of health experts aiming to elevate liver health and improve the lives of those affected by liver disease.

☐ Liver disease is serious.

☐ Liver disease is rising worldwide.

☐ Liver disease is not just from alcohol abuse.

☐ Liver disease is preventable.

☐ Learn how you can keep your liver happy and healthy:

<https://t.co/JS419eqwhv#NASHday>

[pic.twitter.com/ViI00TpjOM](https://pic.twitter.com/ViI00TpjOM)

— Resoundant (@Resoundant) [June 9, 2021](#)

If you search #NASHday on social media, you'll find a number of organizations and advocates posting information about the disease. Sample posts are included throughout this article.

Did you know [#NAFLD](#) is a potentially serious liver

disease that affects 1 in 4 people?

For [#NASHDay](#) 2021 we'll be sharing ideas from experts around the ??? about what action is needed to address this challenge! [@EASLnews](#) [@EASLedu](#) [@JVLazarus](#)  
[@mcolombo46](#) [#LiverTwitter](#) [#NoNASH](#)  
[pic.twitter.com/N82MxbOMNr](https://pic.twitter.com/N82MxbOMNr)

— EASL International Liver Foundation (EILF) (@EASL\_ilf)  
[June 9, 2021](#)

The theme of International NASH Day 2021 is “NASH Around the World.” Visit [International-NASH-Day.com](https://International-NASH-Day.com) for a tool kit that includes sample educational text for sharing on social media, such as:

- 7 out of 10 people living with [#type2diabetes](#) in the U.S. also have nonalcoholic fatty liver disease (NAFLD). Learn more about the relationship between [#T2D](#) & [#NAFLD](#).
- While [#obesity](#) is strongly associated with [#NAFLD/NASH](#), people who are not overweight can also have NAFLD/[#NASH](#). Talk to your doctor about your risk factors and your options for screening and treatment. [#NASHDay](#)
- An estimated 25–30% of people worldwide ??? currently have nonalcoholic fatty liver disease ([#NAFLD](#)) & 2–6% have nonalcoholic steatohepatitis ([#NASH](#)), the most severe form of NAFLD. Researchers estimate that the prevalence of [#NASH](#) could increase by over 50% by 2030. [#NASHDay](#)
- Children with [#obesity](#) are at the greatest risk for developing pediatric [#NAFLD](#) and [#NASH](#).

Other factors, such as #type2diabetes, #insulin resistance, metabolic syndrome or high #cholesterol, can increase a child’s risk. #NASHDday

The website also offers additional educational materials about NAFLD and NASH—available in 16 languages!—that you can download and share; it also hosts a series of eight virtual discussion panels about preventing and managing liver disease. The topics include:

- NASH as a Global Public Health Challenge
- NASH and Liver Cancer
- NASH and Obesity
- Pediatric NASH
- NASH and Diabetes
- Beyond the Biopsy: Innovations in Diagnostics
- NASH in Lean Individuals
- NASH: A Conversation in the Black Community

The video below, by the Global Liver Institute, showcases how health specialists around the world tailor NASH education and awareness to their communities:

In related news, see the Hep article “[What’s in the Pipeline for NAFLD and NASH Treatment?](#)” which states that the optimal treatment for fatty liver disease may involve combining drugs with different mechanisms of action.