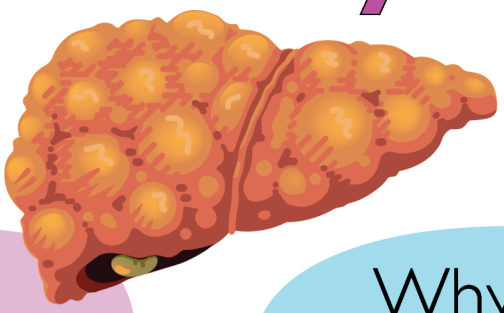
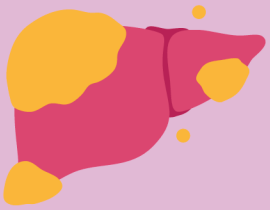
KNOW YOUR NUMBERS

MASLD/Fatty Liver



What Is It?

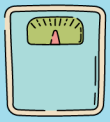
MASLD is fat buildup in the liver linked to metabolic health, including weight, diabetes, cholesterol, and blood pressure. Many people have no symptoms at first.



Why It Matters

MASLD is now one of the most common causes of chronic liver disease.

In Asia, MASLD affects roughly 28% to 32% of adults.



In Asian populations, liver and metabolic risk can begin at lower BMI levels than in non-Asian populations.

Asian-specific BMI cut points are often operationalized as overweight risk beginning at BMI 23 and obesity at BMI ≥27.5.

MYTHS

‘My BMI is not high, so I cannot have fatty liver.”

FACTS

Fatty liver and diabetes risk can begin at lower BMI in many Asian adults.

Take Action Today

Know your BMI, waist size, and blood pressure.

Check for diabetes and high cholesterol.

Ask about liver tests or FibroScan if you are at risk.

Healthy eating, exercise, and weight loss can improve liver health.

Fatty Liver is common -
and often reversible with early action!

This table provides education only and does not replace medical care. Ask your doctor which tests are right for you.