



TAKE ON MASH TOGETHER

Help your loved ones understand this disease so they can better support you

A MASH diagnosis can be overwhelming. Explaining the disease to family, friends, and other loved ones might be tough, but you don't have to do it alone. This guide is to help you start a conversation with people in your support system so they can be there for you in the ways that really matter.

Together you can SPEAK UP, SPEAK LOUD, and SPEAK NOW about MASH.



YOUR LOVED ONES **NEED TO KNOW WHAT MASH IS**

Here are some facts:

- MASH (metabolic dysfunction–associated steatohepatitis) is an advanced form of fatty liver disease, or excessive fat buildup in the liver
- Certain health conditions such as type 2 diabetes or high blood pressure are associated with MASH
- MASH could lead to serious consequences like heart disease, liver cancer, or cirrhosis
- When MASH is addressed early, liver damage may be stopped or even reversed. Your loved ones can help you in your overall plan to take on MASH



YOUR LOVED ONES **NEED TO KNOW HOW MASH CAN AFFECT YOU**

MASH isn't always obvious:

- Symptoms can be vague, nonspecific, or even absent when this disease first develops. Some people who reported symptoms prior to getting diagnosed experienced fatigue, nausea, loss of appetite, or abdominal pain or swelling. It's important to be open about how you feel, since the impact may not always be visible
- There can be an emotional or mental toll with MASH, too. Your loved ones can be pillars of support just by giving a listening ear—you are all on the same team to manage MASH!



YOUR LOVED ONES NEED TO KNOW IF THEY'RE AT RISK

MASH is closely associated with the following cardiometabolic risk factors:

- Type 2 diabetes
- Obesity
- High blood pressure
- High triglycerides (a type of fat)
- Low HDL (good cholesterol)

Additionally, people of Hispanic or Asian descent with specific genetic factors may be at higher risk for fatty liver disease, which can progress to MASH.

Encourage your loved ones with risk factors to ask their doctor about whether they should be screened.



YOUR LOVED ONES **NEED TO KNOW HOW TO SUPPORT YOU**

Learning about MASH, making a plan with your health care professional (HCP), and leaning on family and friends can help you manage this condition. Even small changes can make a difference!

It's important for your loved ones to know your goals, how you want to achieve them, and ways they can support you. Working these steps into your routine can help you to consistently stay on track.

HERE ARE SOME **CHANGES TO CONSIDER**

Including your loved ones in your liver health-friendly lifestyle can help you manage MASH.

Talk to your HCP about everyday changes that may be right for you before starting any diet or exercise program—**together**, you may create a MASH management plan that includes your loved ones. See some tips below:



GET **MOVING**

Staying active is key. Consider small changes like choosing to take the stairs when possible. Your HCP may recommend 30 minutes of moderate-intensity physical activity 5 times a week. Working out doesn't have to feel like work, especially if your loved ones get involved:

- **Move and groove.** Partner up to take a dance class
- **Stretch your green thumb.** Get outside with family and neighbors for some gardening or yard work
- **Make strides.** Schedule park meet-ups for brisk walks with family and friends or playtime with pups



MEAL **PLANNING**

Food choices can impact liver health. Be sure to talk to your HCP about a nutritional plan that is right for you. Exploring new eating habits can be fun. Your HCP may recommend:

- **Snack switch.** Vegetables, whole grains, beans, or legumes may be good options to incorporate into snacks to share with loved ones
- **Recipe revamp.** Experiment with foodie friends and cook recipes from the Mediterranean diet
- **Dine Green.** Get your squad and explore restaurants that feature well-balanced meals with vegetable options to support your dietary goals

REMEMBER, YOU'RE NOT IN THIS ALONE.

Together, we can stand up to MASH and work toward a healthier future.



Novo Nordisk is a registered trademark of Novo Nordisk A/S. All other trademarks, registered or unregistered, are the property of their respective owners. © 2024 Novo Nordisk All rights reserved. US245N00196 October 2024