

**SPEAK
L!VER**

LIVING WITH MASH? WHAT'S NEXT?



Make the most of your next conversation with your doctor by asking about MASH management

MASH (metabolic dysfunction–associated steatohepatitis) is an advanced form of fatty liver disease. Proper monitoring and management can make a big difference. This guide will help you **SPEAK UP**, **SPEAK LOUD**, and **SPEAK NOW** about how to protect your liver health.



ASK ABOUT **YOUR MASH STATUS**

Gain a better understanding of your liver health by asking:

- What is the status of my MASH? Has it progressed since my last assessment?
- What blood tests are available to monitor my MASH status?
- Are there any noninvasive tests, besides bloodwork, to determine the current status of my liver health?
- Have my tests shown any evidence of liver scarring?



ASK ABOUT **NUTRITION**

Focus on how diet can help improve your liver health by asking:

- What liver health–friendly diets and/or foods can you recommend?
- Can you refer me to a nutritionist to guide me toward a healthier diet?



ASK ABOUT **EXERCISE**

Learn how physical activity can help improve your liver health by asking:

- Are there any exercises that you can recommend?
- How much should I exercise every week to help improve my liver health?
- What activities can I incorporate into my daily routine?

Don't hesitate to ask your health care provider for any other suggestions not mentioned here that could help you manage MASH.

Partner with your doctor to design your comprehensive MASH management plan.

**SPEAK UP, SPEAK LOUD,
SPEAK NOW.**



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