



The Confident Patient:

A Doctor Discussion Guide for Managing NASH Progression

Understanding progression

- How do we know whether my NASH is stable or progressing?
- What does my current fibrosis stage mean for my long-term liver health?
- Can progression happen even if my symptoms or labs seem unchanged?
- If we don't act now, what risks should I be aware of?

Testing and assessment

- What tests give us the clearest picture of fibrosis right now?
- How often should my liver be reassessed?
- Are there signs that would prompt additional testing sooner?
- How do you track changes over time to spot progression early?

Planning ahead

- What factors put me at higher risk for progression?
- Based on my current stage and risk, what treatment approach makes sense for me?
- If my condition worsens, what options would we consider next?
- What should I be watching for between visits?
- How can we make sure my care plan keeps pace with my risk?

What have you noticed?

- Ongoing fatigue or low energy
- Brain fog or trouble concentrating
- Unexplained weight changes
- Changes in appetite or early fullness
- Swelling in the abdomen or legs
- Feeling generally unwell without a clear reason
- Discomfort, pressure, or fullness in the upper right abdomen

Notes: