



The Confident Patient:

A Doctor Discussion Guide About Taking Charge of NAFLD

Tracking symptoms

- I've been feeling unusually tired and weak lately. Could this be a sign of liver disease or NAFLD?
- What are the most common symptoms of NAFLD? Based on my profile, is this something you think I might have?
- What symptoms should I be tracking and what's the best way to record them?
- If my symptoms worsen, what should I do?

Testing for NAFLD

- What tests can we do to determine whether I have NAFLD?
- If the initial results are still uncertain, are there additional tests we could do?
- If I have NAFLD, what are our next steps in creating a management plan?
- Should I be referred to a specialist, such as a gastroenterologist or a hepatologist, for further care?

Treatment options:

- What treatment options are there for NAFLD and how do they work?
- How would you describe my severity? How does that affect the treatment approach?
- How will we measure and track whether a specific treatment or lifestyle change is actually working for me?
- If the current treatment doesn't seem to be working, what other options do we have?

How are you feeling?

- Fatigue
- Weakness
- Pain or discomfort in the upper right abdomen
- Swelling in the legs or abdomen
- Itchy skin
- Yellowing of the skin or eyes (jaundice)
- Red palms
- Spider-like blood vessels under the skin ("spider veins")

Notes: