



# NAFLD is now called MASLD

[Source: IE](#)

## Why in News?

The term **Non-Alcoholic Fatty Liver Disease (NAFLD)** has been replaced by **Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD)**, reflecting a shift towards recognising metabolic dysfunction as the primary cause rather than the absence of alcohol.

- This change helps remove the stigma tied to **alcohol use** and **better directs focus to underlying metabolic issues** and abnormal cholesterol.

## What is Nonalcoholic Fatty Liver Disease?

- **About:** NAFLD is a condition where **fat accumulates in the liver** without alcohol involvement.
  - It includes two types: **nonalcoholic fatty liver (NAFL)** and **nonalcoholic steatohepatitis (NASH)**.
- **Types of NAFLD**
  - **NAFL:** Characterized by **fat buildup in the liver** with **minimal to no inflammation or damage**.
    - It typically doesn't lead to liver complications but can cause liver enlargement and discomfort.
  - **NASH:** This form includes both **fat buildup and liver inflammation**, which can lead to **liver damage, fibrosis** (a condition where the liver develops an excess of scar tissue), and **potentially cirrhosis**, a condition that increases the risk of liver cancer.
- **Symptoms and Causes:** NAFLD is often symptomless, but conditions like **obesity, metabolic syndrome** (a cluster of metabolic abnormalities), and **type 2 diabetes** increase its risk.
- **Diagnosis:** NAFLD is diagnosed through medical history, physical exams, and tests such as blood tests, imaging, and **liver biopsy to distinguish between NAFL and NASH**.
- **Treatment:** **Weight loss is key to managing NAFLD**, as it can reduce fat, inflammation, and liver fibrosis (a condition where the liver develops an excess of scar tissue, or collagen, due to chronic inflammation).
- **Prevention:** A healthy diet and maintaining a healthy weight can help prevent or manage NAFLD. Diet changes and weight loss are recommended for those affected.

## What Makes MASLD Different?

- **Focus on Metabolic Causes:** MASLD highlights **metabolic dysfunction** as the primary cause, while **NAFLD only indicated the absence of alcohol use**.
- **Prevalence:** MASLD affects **25% of people globally**, with higher rates (50-70%) among those with obesity or type 2 diabetes.
- **MASLD Diagnosis:** Non-Invasive Tests like FibroScan, MRI, ultrasound, and blood tests are used to diagnose MASLD.
  - FibroScan is a non-invasive test that measures **liver fat and stiffness**, eliminating the need for a **liver biopsy**.
- **Prevention of MASLD:** Avoid fast food, processed foods, and sugary items.
  - A balanced diet of whole grains, fruits, vegetables, and lean proteins can help prevent

**Note:** [Hepatitis is liver inflammation](#), which can be acute or chronic. It can be caused by **viral infections (A, B, C, D, E)**, alcohol use, toxins, medications, or autoimmune disorders where the immune system attacks the liver.

## Types of Hepatitis

	TRANSMISSION	PREVENTION	TREATMENT
Hepatitis A	Eating contaminated food or drinking contaminated water	<ul style="list-style-type: none"> <li>• Practicing good hygiene</li> <li>• Vaccine</li> </ul>	No treatment
Hepatitis B	Through contact with the blood or bodily fluids of an infected person	<ul style="list-style-type: none"> <li>• Practicing good hygiene</li> <li>• Vaccine</li> <li>• Blood screening</li> </ul>	<ul style="list-style-type: none"> <li>• Alpha interferon</li> <li>• Peginterferon</li> </ul>
Hepatitis C	Blood-to-blood contact	<ul style="list-style-type: none"> <li>• Practicing good hygiene</li> <li>• Avoid sharing needles, toothbrushes, razors or nail scissors</li> </ul>	Direct-acting antiviral drugs
Hepatitis D	Contact with infected blood (only occurs in people already infected with hepatitis B)	<ul style="list-style-type: none"> <li>• Hepatitis B vaccine</li> <li>• Avoid sharing needles, toothbrushes, razors or nail scissors</li> </ul>	Interferon
Hepatitis E	Eating contaminated food or drinking contaminated water	<ul style="list-style-type: none"> <li>• Practicing good hygiene</li> <li>• Avoid drinking water that has come from a potentially unsafe source</li> </ul>	No treatment

### India's Initiatives Related to Healthy Lifestyle

- [Eat Right Mela](#)
- [Fit India Movement](#)
- [Eat Right Station Certification](#)
- [Mission Poshan 2.0](#)
- [Mid-Day Meal Scheme](#)
- [Poshan Vatikas](#)
- [Anganwadi](#)
- [Unified India Organic](#)

## UPSC Civil Services Examination, Previous Year Questions (PYQs)

### **Prelims:**

**Q. Which one of the following statements is not correct? (2019)**

- (a) Hepatitis B virus is transmitted much like HIV.
- (b) Hepatitis B unlike Hepatitis C, does not have a vaccine.
- (c) Globally, the number of people infected with Hepatitis B and C viruses are several times more than those infected with HIV.
- (d) Some of those infected with Hepatitis B and C viruses do not show the symptoms for many years.

**Ans: (b)**

**Q. Which of the following diseases can be transmitted from one person to another through tattooing? (2013)**

1. Chikungunya
2. Hepatitis B
3. HIV-AIDS

**Select the correct answer using the codes given below:**

- (a) 1 only
- (b) 2 and 3 only
- (c) 1 and 3 only
- (d) 1, 2 and 3

**Ans: (b)**