Drop the bottle and get active

Fatty liver disease is linked to, among other things, obesity and alcohol use

ANCHOR LEDE

Here’s another reason to be mindful of the obesity epidemic in the United States: obesity brings an increased risk of fatty liver disease, an ailment that’s treatable but could mean serious complications.

TAKE VO

Doctor David Rzepczynski [rep-SIN-skee], is a gastroenterologist at OSF HealthCare. He says Hepatitis C and excessive alcohol use can cause fatty liver disease or are at least linked to it. But you can still get fatty liver if you’re not a heavy drinker, and that’s where your weight comes into play.

***SOT***

Dr. David Rzepczynski [rep-SIN-skee], OSF HealthCare gastroenterologist

“The big driving force of fatty liver disease is what we call the metabolic syndrome There are five factors: obesity, diabetes, hypertension, high cholesterol and insulin resistance.” (:24)

VO TAG

Left unchecked, fatty liver disease can lead to a serious condition called cirrhosis, or scarring, of the liver.