



MASH RISK FACTORS AND SYMPTOMS

Feel empowered to ask your health care professional about MASH

MASH, or metabolic dysfunction–associated steatohepatitis, can often go undetected. However, with timely screening, detection, and management, it may be possible to stop or even reverse liver damage from MASH. Click or tap to fill out the checklist of risk factors and symptoms below, as well as the notes section on the following page. This guide can be used as a discussion tool to help you ask your health care professional (HCP) if you should be screened for MASH.

RISK FACTORS FOR MASH

Certain health conditions are associated with MASH. If you are living with any of the following, ask your HCP if you could be at greater risk for MASH.



Fatty liver or family history of cirrhosis



Type 2 diabetes or prediabetes



Obesity



High blood pressure



High triglycerides (a type of fat)



Low HDL (good cholesterol)



Persistently elevated liver enzymes (over 6 months)



PCOS (polycystic ovarian syndrome)

SYMPTOMS OF MASH

Some HCPs may refer to MASH as a “silent” disease because many people do not experience symptoms. And when people do experience symptoms, it may not be clear that MASH is the cause. Along with any risk factors you identified, consider if you experience any of the following and ask your HCP if they could be related to MASH.



Abdominal pain



Nausea



Loss of appetite



Fatigue



Swelling in the abdomen

Certain people, such as those of Hispanic or Asian descent with specific genetic factors, may be at higher risk for fatty liver disease, which can progress to MASH.

HDL=high-density lipoprotein.



MASH can worsen over time without you knowing and bring potentially life-threatening consequences. Don't wait—it's important to ask your HCP about screening if you think you could be at risk for MASH.

Write down any notes about your health history or current experience to serve as reminders.

This image shows a blank sheet of white paper designed for writing. It features ten horizontal blue lines spaced evenly apart. Two vertical red lines are positioned on either side of the center, creating margins. A large, faint, light red watermark of the number '7' is centered on the page, spanning most of its width and height. The watermark has a slightly distressed or hand-drawn appearance.

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