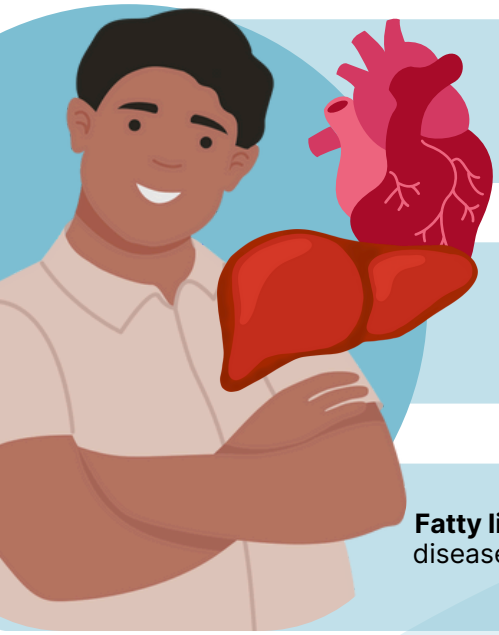
Liver Function & Heart



WHO

Everyone — especially those with **obesity, diabetes, high cholesterol, heavy alcohol use, or long-term medication use**. Also important for those with a **family history** of liver disease or metabolic conditions.

WHAT

The liver processes fats, sugars, and toxins. **When it becomes fatty or scarred (fibrosis), it disrupts how your body controls cholesterol, sugar, and inflammation** — all of which increase your risk for heart disease.

WHY

Fatty liver is linked to high cholesterol, diabetes, and heart disease. In fact, heart disease is the leading cause of death among people with fatty liver. Unhealthy fats, sugary foods, and inflammation put both your liver and heart under stress.

WHEN



If you are **overweight, diabetic, have high cholesterol, or drink alcohol.** Start testing at

20 yrs

If results are **abnormal** recheck:

Yearly / 6 months

Test **earlier** if you have a family history of liver disease or use long-term medications.

Ask your provider about GGT or liver ultrasound **if enzyme levels stay high.**

PREVENTION (Lifestyle Medicine)

- Maintain a **healthy weight** through balanced nutrition and movement.
- Eat **fruits, vegetables, beans**, and whole grains daily.
- **Replace fried or processed foods** with grilled, steamed, or baked options.
- Avoid or limit **alcohol and sugary drinks**.
- Use herbs, spices, and natural flavors instead o**f heavy sauces or salts**.
- **Stay active daily** — walking, dancing, or gardening counts.
- Get **restorative sleep** and manage stress.
- Control **blood pressure, blood sugar, and cholesterol.**



Tip

ALT/AST are like "smoke alarms." When they rise, your liver is calling for help before lasting damage occurs.

NUMBERS (How to Read Them)

AST & AST

Normal range **7–56 U/L.**

High ALT/AST

Liver stress from fat, alcohol, or inflammation.