



Non-Alcoholic Fatty Liver Diseases

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Why is in news? Health Ministry organizes webinar on Non-Alcoholic Fatty Liver Diseases (NAFLDs) to empower Medical Officers

- “Capacity building is necessary for medical officers as it provides them with the unique opportunity to access valuable knowledge and expertise, contributing to their professional development and enhancing their ability to address the challenges posed by Non-Alcoholic Fatty Liver Diseases (NAFLD) effectively.
- It equips them with the skills to understand the risk factors, the appropriate diagnosis, as well as standard treatment flows to tackle the rising challenge of NAFLDs in the country.”
- This was stated by the Secretary, Ministry of Health and Family Welfare as he chaired a webinar for Medical Officers of District Hospitals, Community Health Centres, and Primary Health Centres, focusing on NAFLD. The national webinar was attended by over 7,000 medical officers from across the country.
- In view of NAFLD emerging as a growing health concern, the primary objective of this capacity building webinar organized **under the National Programme for Prevention and Control of Non-Communicable Diseases** was to foster knowledge exchange, promote collaboration, and raise awareness about NASH (Non-Alcoholic Steatohepatitis) and its impact on global health among medical officers in the country.
- This Capacity Building Programme will have **two tracks**- the first will include **regular webinars**, and the second will include **3 day residential training programmes**. The first state to undertake this residential training programme will be Madhya Pradesh.

Non-alcoholic fatty liver disease:

- Non-alcoholic fatty liver disease (NAFLD) is the term for a range of conditions **caused by a build-up of fat in the liver**. It's usually **seen in people who are overweight or obese**.
- **Early-stage NAFLD does not usually cause any harm**, but it can **lead to serious liver damage**, including cirrhosis, if it gets worse.
- Having high levels of fat in your liver is also associated with an increased risk of serious health problems, such as **diabetes, high blood pressure and kidney disease**.
- If you already have diabetes, NAFLD increases your chance of developing heart problems.
- If detected and managed at an early stage, it's possible to stop NAFLD getting worse and reduce the amount of fat in your liver.
- **Most people have no symptoms**. In rare cases, people may experience fatigue, pain or weight loss. Over time, inflammation and scarring of the liver (cirrhosis) can occur.
- **No standard treatment exists**. Instead, doctors will treat the underlying condition, such as obesity.
- **National Programme for Prevention and Control of Non-Communicable Diseases:**
- The National Programme for Prevention and Control of Non-Communicable Diseases of the Union health Ministry is a **pioneering initiative** aimed at **addressing the growing burden of non-communicable diseases** in India.
- Through strategic interventions and collaborations, the program aims to **promote preventive measures, ensure early detection, and provide effective management** of non-communicable diseases, improving the overall health and well-being of the population.