



Welcome to the Non-Alcoholic Fatty Liver Disease (NAFLD) Program

We're glad you have chosen our program to help manage your liver disease. This folder is a resource to help you take an active role in your medical care and help you understand your liver disease and how it will impact your life. We have included information about treatment options for your liver disease, specifically recommendations on healthy eating and physical activity. In addition, we have included other helpful resources for programs that may be of interest to you.

Our team:

Providing quality, patient-centered care is our number one goal. We are a team of physicians, advanced practice practitioners, registered nurses, and dietitians. We want to partner with you to make sure you receive the best care possible for your liver disease. We look forward to working with you.

In this folder you will find:

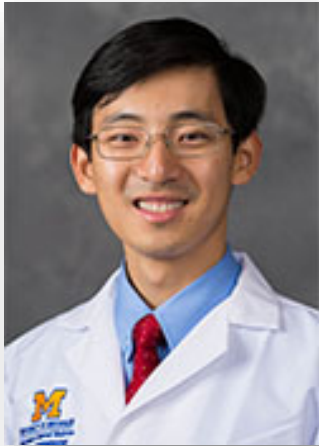
- An Overview of Non-Alcoholic Fatty Liver Disease (NAFLD)
- Healthy Eating Recommendations for Patients with NAFLD
- Physical Activity Recommendations for Patients with NAFLD
- Weight and Physical Activity Tracking Sheets
- Summary of Additional Resources and Programs Related to NAFLD

Who do I call with questions?

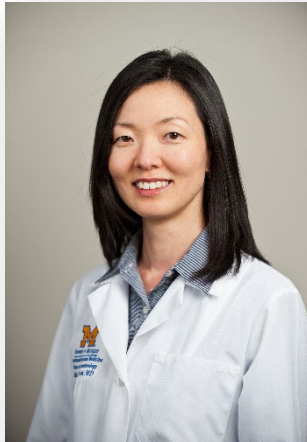
If you need to contact your doctor call the nurse who works with them or send a message via the Michigan Medicine Patient Portal.

- *Appointments and Questions for the Nurse:* (734) 647-5944 or (888) 229-7408

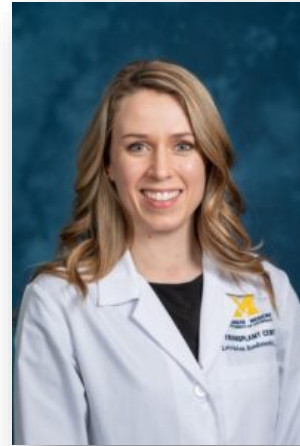
- *Afterhours and Weekends:* (734) 936-6267 and ask for Gastroenterology Fellow on Call
- *To Fax Records:* (734) 936-7392



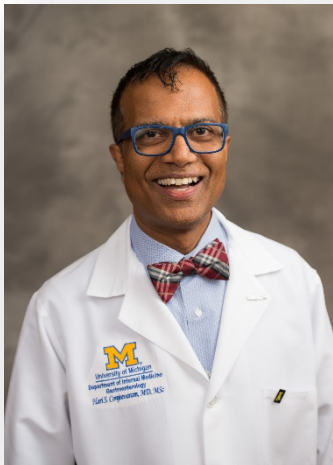
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Internal Medicine: Gastroenterology and Hepatology
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Disclaimer: This document contains information and/or instructional materials developed by University of Michigan Health for the typical patient with your condition. It may include links to online content that was not created by U-M Health and for which U-M Health does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan

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