







Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD): Related Programs and Resources



Note: These recommendations are for patients with **metabolic dysfunction-associated steatotic liver disease (MASLD)**, a condition which used to be called **non-alcoholic fatty liver disease (NAFLD)**.

Structured nutrition and exercise programs

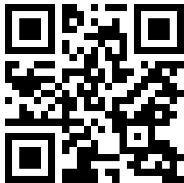
| Resource information | QR code |
|--|---|
| University of Michigan Metabolic Fitness Program: A 12- or 24-week lifestyle program through the UM Preventive Cardiology Program. www.umcvc.org/mfp |  |
| University of Michigan Weight Management Program: A 3-month diet and physical activity program through the UM Metabolism, Endocrinology, & Diabetes Program. www.uofmhealth.org/conditions-treatments/endocrinology-diabetes-and-metabolism/adult-weight-management |  |
| University of Michigan Gastroenterology and Hepatology Nutrition and Dietitian Referral: To talk with specialized dietitians who provide consults and recommendations for patients with MASLD, call (844) 233-0433. | <p style="text-align: center;">---</p> |
| University of Michigan MHealthy Programs: These are programs and resources for patients including exercise classes, recipes, and other educational resources. hr.umich.edu/benefits-wellness/health/mhealthy/patient-community/services-patients-community |  |

| Resource information | QR code |
|--|---|
| <p>Weight Watchers: This is a popular weight management program available through your community or online.</p> <p>www.weightwatchers.com/us</p> |  |



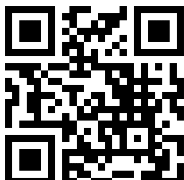
Weight loss procedures

| Resource information | QR code |
|--|---|
| <p>University of Michigan Endoscopic Bariatric Therapy Program: This program provides endoscopic (procedures using a small scope that are less invasive than surgery) options for weight loss. www.uofmhealth.org/conditions-treatments/digestive-and-liver-health/endoscopic-bariatric-therapy-ebt</p> |  |
| <p>University of Michigan Bariatric Surgery Group: This is a resource for surgical options for weight loss. www.uofmhealth.org/conditions-treatments/surgery/bariatric-surgery</p> |  |


Free online calorie counter and exercise journals

| Resource information | QR code |
|---|---|
| <p>MyFitnessPal: This is a nutrition tracking app.</p> <p>www.MyFitnessPal.com</p> |  |

Websites for healthy recipes

| Resource information | QR code |
|---|---|
| Eating Well: www.EatingWell.com |  |
| Physician Committee for Responsible Medicine (PCRM) recipes of the week: www.pcrm.org/health/diets/recipes |  |
| Eat Right: www.eatright.org/food/planning-and-prep/recipes |  |

Current and future MASLD-related research studies

| Resource information | QR code |
|--|---|
| University of Michigan Hepatology Website: www.med.umich.edu/hepatology/trials/NAFLD-NASH.html |  |

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

Authors: Vincent Chen, MD, Monica Tincopa, MD
 Edited by: Karelyn Munro, BA, Brittany Batell, MPH MSW

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Internal Medicine: Gastroenterology and Hepatology
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