



Welcome to the Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD) 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, including recommendations on healthy eating and physical activity. We have also included other helpful resources for programs that you may be interested in.

In this folder, you will find:

- An overview of metabolic dysfunction-associated steatotic liver disease (MASLD), which used to be known as non-alcoholic fatty liver disease or NAFLD
- Healthy eating recommendations for patients with MASLD
- Physical activity recommendations for patients with MASLD
- Weight and physical activity tracking sheets
- Other resources and programs related to MASLD

About our team

Providing quality, patient-centered care is our number one goal. We are a team of doctors, 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.

Who do I call with questions?

If you need to contact your doctor, call the nurse who works with them or send a message through the Michigan Medicine Patient Portal ([MyUofMHealth.org](https://myuofmhealth.org)).

- Appointments and questions: call (734) 647-5944 or (888) 229-7408
- Afterhours and on weekends: call (734) 936-6267 and ask for the gastroenterology fellow on call
- To fax medical records: fax them to (734) 936-7392

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Internal Medicine: Gastroenterology and Hepatology
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