



NASH KNOWledge

THE SILENT EPIDEMIC

Resource Guide

A quick reference guide to all Fatty Liver, Liver Cancer and more resources developed by NASH KNOWledge available to use for **FREE** in both English and Spanish for use with and by patients.

RESOURCES AVAILABLE FROM NASH KNOWledge

Websites

www.nash-now.org	www.higadograso.org
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Documentary

“Silent Epidemic: the liver disease NASH”	The Silent Epidemic: the liver disease NASH (youtube.com)	Epidemia Silenciosa: la enfermedad del hígado	Epidemia Silenciosa: la enfermedad del hígado NASH (youtube.com)
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Infographics

With the exception of the Fatty Liver Brochure/Folleto de NAFLD, PDFs can be emailed for printing locally. Fatty Liver Brochures/Folleto de NAFLD will be sent upon request via US Mail.

General Interest

NASH Infographic	NASH Silent Epidemic Infographic	Infografía de NASH	Infografía de NASH Hígado graso (higadograso.org)
Fatty Liver Brochure	Fatty Liver Brochure	Folleto de NAFLD	Fatty-Liver-Brochure-Spanish.pdf (higadograso.org)
The Liver Cancer/Fatty Liver Connection	NASH Cancer Fatty Liver Connection Poster	Cáncer del Hígado	Cáncer del Hígado Hígado graso (higadograso.org)
Hepatocellular Carcinoma Roadmap	HCC Final Roadmap	Ruta De Hepatocarcinoma	Ruta-De-Hepatocarcinoma-HCC.pdf (higadograso.org)
Type 2 Diabetes and Fatty Liver	Diabetes and Fatty Liver	Diabetes y el hígado graso	Diabetes y el hígado graso Hígado graso (higadograso.org)
HIV and Fatty Liver	HIV and Fatty Liver	Hígado Graso y EL Vin	Hígado-Graso-Y-El-VIH.pdf (higadograso.org)

Children and Families

Crisis: Childhood Fatty Liver Disease	The Crisis of Childhood Fatty Liver Disease	Crisis: La Enfermedad Del Hígado Graso Infantil	CRISIS: LA ENFERMEDAD DEL HÍGADO GRASO INFANTIL Hígado graso (higadograso.org)
Fatty Liver Disease: A Family Issue	Fatty Liver Disease A Family Issue	Enfermedad del hígado: Un problema familiar	Enfermedad del hígado graso: Un problema familiar Hígado graso (higadograso.org)
Pediatric Fatty Liver Roadmap	Pediatric Fatty Liver Roadmap	Guía pediátrica sobre el hígado graso	Guía pediátrica sobre el hígado graso Hígado graso (higadograso.org)
Teens & Fatty Liver	Teens and Fatty Liver Infographic	Hígado graso en adolescents	Hígado graso en adolescentes Hígado graso (higadograso.org)
Your Young Child & Fatty Liver	Your Young Child and Fatty Liver.pdf - Google Drive	Bebés y niños pequeños	Bebés y niños pequeños Hígado graso (higadograso.org) k

Your Child & Liver Health	Your Child and Liver Health	Su-Hijo_Y-La_Salud_del_Higado	Su-Hijo_Y-La_Salud_del_Higado_ESP.pdf (higadograso.org)
NASPHGAN Clinical Guidelines	NASHPGHAN Guidelines	Pautas clínicas para NASPGHAN	Pautas clínicas para NASPGHAN Hígado graso (higadograso.org)
Daily Nutrition Requirements	Daily Nutrition Requirements	Requisitos diarios de nutrición	Requisitos diarios de nutrición Hígado graso (higadograso.org)
Healthy Liver Tips	Healthy Tips	Consejos para un hígado saludable	Consejos para un hígado saludable Hígado graso (higadograso.org)
Physical Activity	Physical Activity	Actividad física	Actividad física Hígado graso (higadograso.org)

POSTCARDS

The postcards are intended for use as “take home” materials following discussions at events. They will be mailed to you upon request. A sample can be emailed.

Are You At Risk for Fatty Liver?	¿Está en riesgo de padecer la enfermedad del hígado graso?
What Is FIB4?	¿QUÉ ES EL FIB-4?

CHILDREN’S VIDEOS

Theses can be downloaded from the website.

Meet Your Liver	Meet Your Liver	Conozca a su hígado	Conozca a su hígado Hígado graso (higadograso.org)
Friends Help Each Other	Friends Help Eachother	Los amigos se ayudan mutuamente	Los amigos se ayudan mutuamente Hígado graso (higadograso.org)
Too Much Sugar	Too Much Sugar	Demasiado azúcar	Demasiado azúcar Hígado graso (higadograso.org)
Fiber is Our Friend	Fiber is Our Friend	La fibra es nuestra amiga	La fibra es nuestra amiga Hígado graso (higadograso.org)
Kids Teaching Parents	Kids Teaching Parents	Niños enseñando a sus padres	Niños enseñando a sus padres Hígado graso (higadograso.org)

CHILDREN’S COLORING BOOKS

These can be provided via US mail.

Meet Your Liver	Meet Your Liver	Conoce tu Hígado	Conoce tu Hígado Hígado graso (higadograso.org)
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