

Metabolic syndrome & obesity:

Including high blood pressure, lipids, and cholesterol.

Genetic factors:

Specific gene loci are associated with development of NAFLD.

Environmental toxins:

Including exposure to contaminants such as perfluorinated alkyl substances (PFAs).

Poor nutrition and limited/no exercise:

Which increase risk of obesity and metabolic disease.

Insulin resistance:

Including pre-diabetes and type 2 diabetes.

RISK FACTORS OF NAFLD



Alcohol:

Acts synergistically with obesity to increase risk of mortality and morbidity.

Polypharmacy:

The use of drugs such as calcium channel blockers, anti-inflammatory drugs, steroids, and cancer drugs.

Other risk factors:

Such as rapid weight loss, gastric bypass surgery and bowel disease.