

What is MAFLD?

Metabolic dysfunction-associated fatty liver disease or **MAFLD**

is the build-up of **extra fat in the liver** that is linked with **metabolic dysfunction**

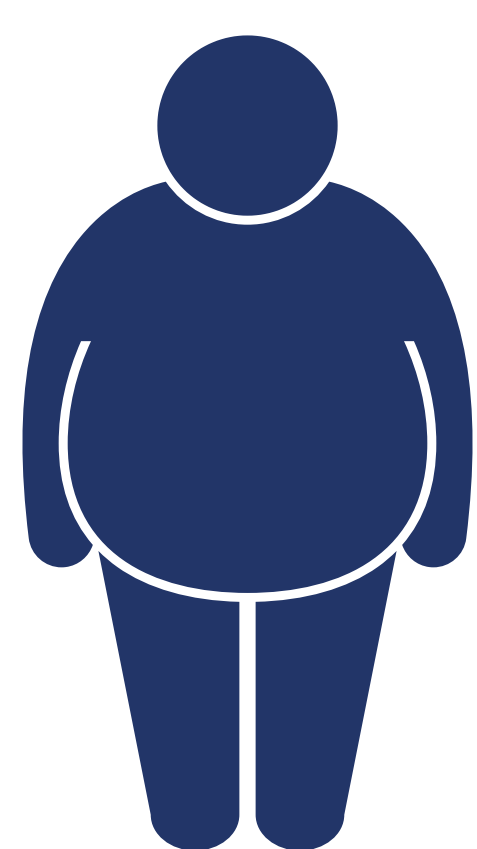


- MAFLD can lead to **serious liver damage**
- It is also associated with **diabetes, high blood pressure, heart disease, chronic kidney disease, cancers**, and other health problems



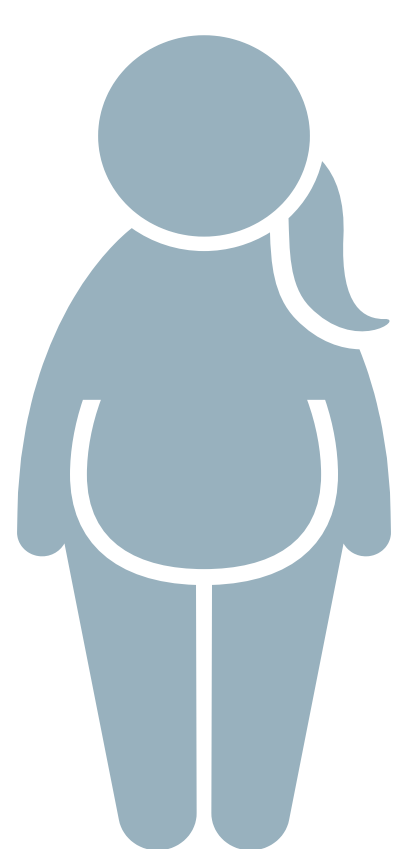
3 in 10 adults in Malaysia have **MAFLD**
(28.2% or 6.7 million)

MAFLD is more common among men



32%

Men

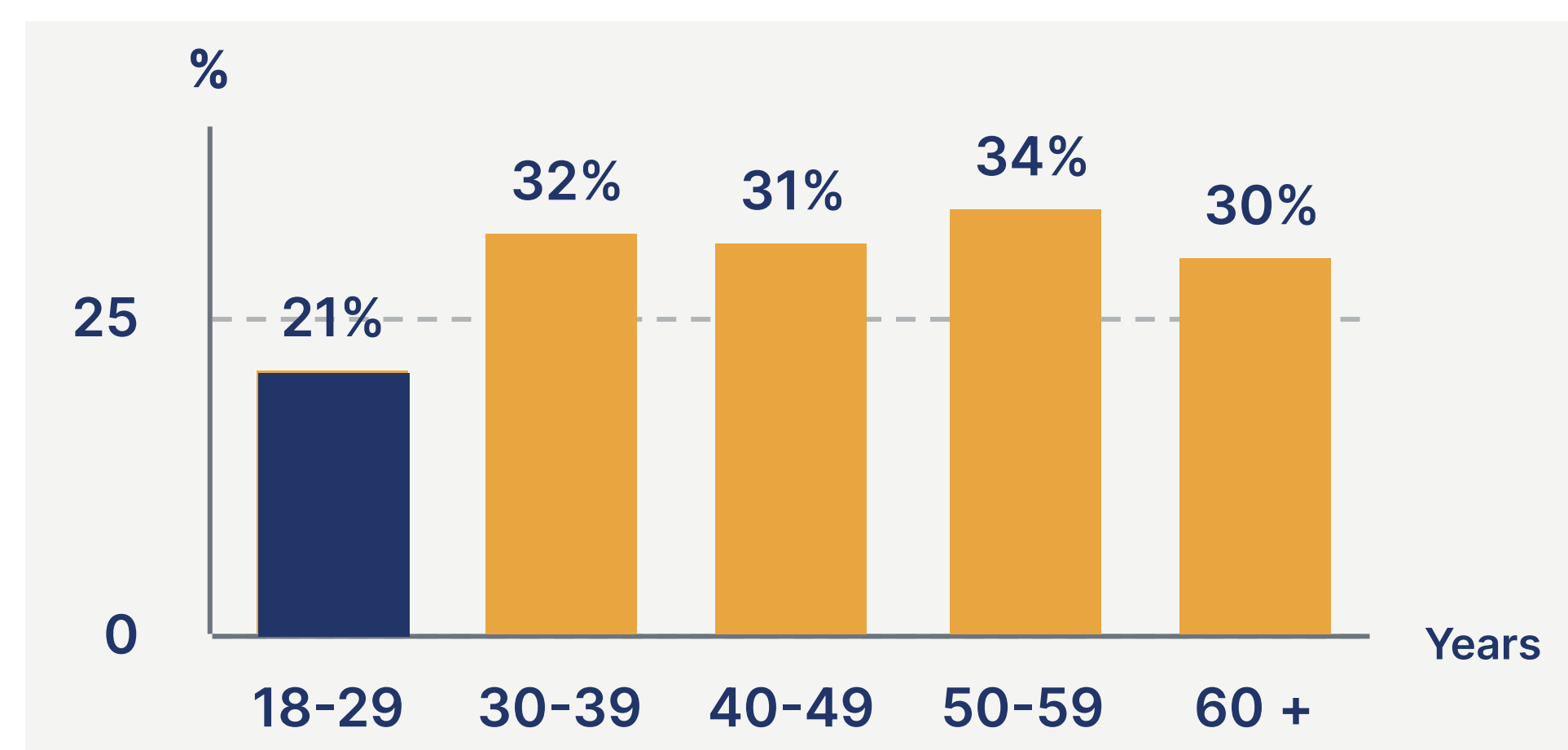


25%

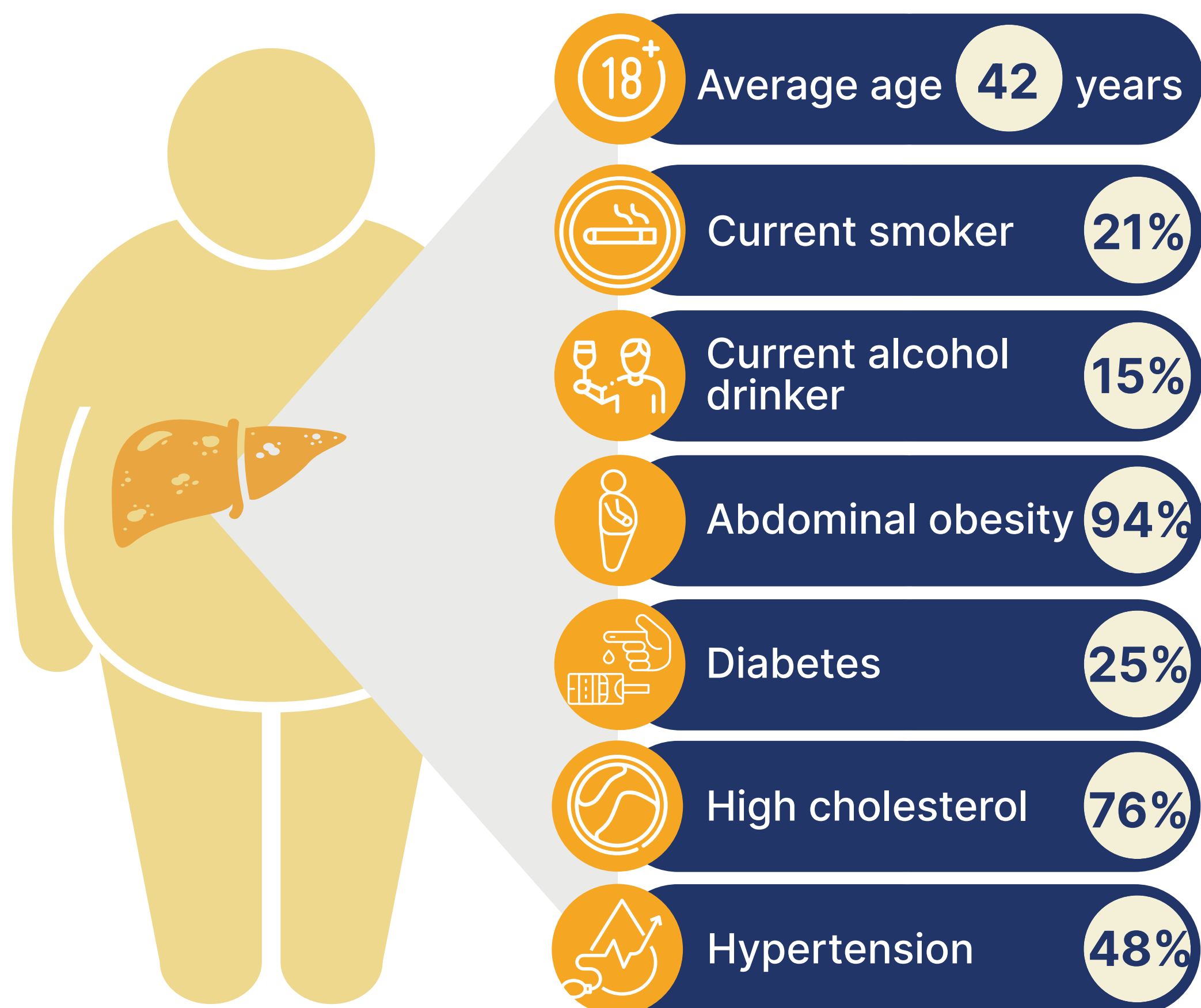
Women

Young adults can get MAFLD too

Prevalence by age groups



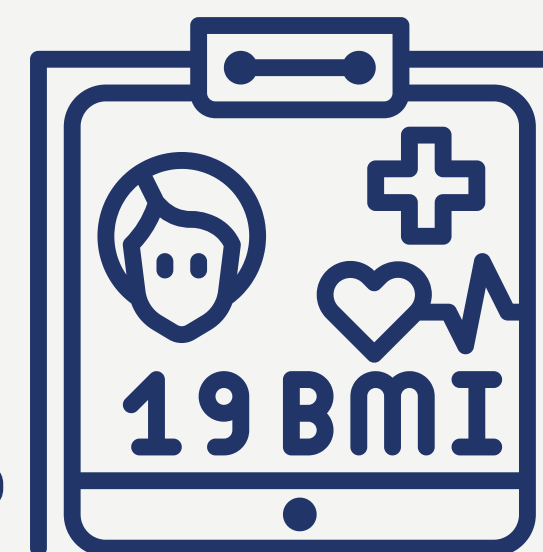
People with MAFLD are **young** and have many **other diseases at the same time**



Even some normal weight and overweight adults have MAFLD

Prevalence by body mass index (BMI)

Obese: 23%
Overweight: 5%
Normal weight: 0.3%



Am I at risk?



Talk to your doctor



Go for regular health screening