



# Questions to Ask Your Health Care Professional

When you visit your health care professional for a consultation about metabolic dysfunction–associated steatotic liver disease (MASLD) or metabolic dysfunction–associated steatohepatitis (MASH), be sure to bring along a list of questions you want to ask. Here are some ideas.

## Causes and Risk Factors



- What causes MASLD and MASH?
- How common are MASLD and MASH?
- What is the difference between MASLD and MASH?
- What are the risk factors for MASLD and MASH?
- Can race or ethnicity put someone at greater risk of developing MASLD or MASH?

## Complications



- What are the most common complications of MASLD and MASH?
- Can MASLD or MASH turn into cirrhosis or liver cancer?
- What is fibrosis?
- What is cirrhosis?
- What is liver failure?
- How could MASLD or MASH impact my life expectancy?
- Can I pass on MASLD or MASH to my children?

## Signs and Symptoms



- Is it possible to have MASLD or MASH without realizing it?
- What are common symptoms of MASLD and MASH?
- How could my symptoms change over time?

## Screening and Diagnosis



- Might screening for MASLD or MASH make sense for me?
- How do health care professionals screen for MASLD and MASH?
- What do blood tests look for when screening for MASLD or MASH?
- What do imaging studies look for when screening for MASLD or MASH?
- How are MASLD and MASH diagnosed?
- What is a liver biopsy?
- How can taking a liver biopsy help confirm a diagnosis of MASH?
- If I'm diagnosed with MASLD or MASH, should I get a second opinion just to be safe?
- Will I need to see a specialist and, if so, what kind of specialist?

## Weight Management, Diet, and Exercise



- Why is losing weight so important in treating MASLD and MASH?
- Do I need to lose weight?
- How is my weight affecting my health?
- What is a healthy goal weight for me?
- What is a realistic goal weight for me in three months? Six months? One year?
- What changes should I make to my diet and eating habits?
- How much exercise a week would help me lose weight?
- What kinds of exercises should I do?
- Are MASLD and MASH reversible?
- What happens if I lose weight and still have MASLD/MASH?

## Prevention and Treatment



- What steps can I take to prevent MASLD and MASH?
- Is there a cure for MASLD or MASH?
- What are common treatment options?
- Are any medications approved for the treatment of MASLD or MASH?
- Should I consider using GLP-1s or other weight-management medications? If so, which ones?
- What are the pros and cons of the weight-management medication that you recommend?
- How do weight-management medications work?
- Are there side effects of weight-management medications? If so, how likely am I to experience them?
- How much weight can I expect to lose if I take a weight-management medication?
- What will happen if I stop taking my weight-management medication?

## Obesity (Bariatric) Surgery



- Should I consider obesity surgery? If so, which one?
- What are the pros and cons of obesity surgery?
- How effective is obesity surgery?
- How much weight could obesity surgery help me lose?
- If I have obesity surgery, what are the chances of me gaining back the weight I lose?
- What kind of shorter-term and longer-term diet changes are necessary after obesity surgery?
- Are there foods I will no longer be able to eat after obesity surgery?
- Are there any long-term complications related to obesity surgery?  
If so, how likely am I to experience them?

## Support, Resources, and Follow-up Care



- Can you recommend any support groups for people with MASLD or MASH?
- Can you recommend any resources to learn more about MASLD and MASH?
- What resources or assistance does our community offer for improving access to healthy foods?
- How often should I see you and other members of my MASLD/MASH care team for follow-up care?