Fatty liver disease reference guide

Canadian-first source map for patient education and clinician conversation.

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General health information only. This guide does not diagnose a condition or replace an assessment by a qualified clinician.

How to use this guide

Canadian guidance anchors the page. Canadian patient resources explain terminology and stigma-free care. U.S. and European guidance provides comparison, while the CADTH report supplies Canadian health-system context. Always check the current source before applying a recommendation.

Clinical themes

- Use MASLD and MASH while explaining older NAFLD and NASH terms in existing reports.
- Separate liver fat from inflammation and fibrosis; enzymes alone do not stage scarring.
- Use stepwise non-invasive assessment and referral pathways rather than a patient-calculated score.
- Keep medication classes as discussion topics and review supplements and alcohol for safety.
- State Ontario coverage and referral uncertainty clearly.

Copyright and reuse

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Sources and limitations

Canadian sources are listed first. U.S., U.K., European and academic sources supplement them. Links were verified on 20 November 2026. Source content is copyrighted and is summarized in original wording.

CASL 2026 guidance: https://doi.org/10.3138/canlivj-2026-9-3-guidelines

Canadian Liver Foundation: https://liver.ca/fatty-liver-disease/

Diabetes Canada MASLD guideline: https://pubmed.ncbi.nlm.nih.gov/40783292/

Obesity Canada adult guideline: https://obesitycanada.ca/healthcare-professionals/adult-clinical-practice-guideline/

Ontario OHIP coverage: https://www.ontario.ca/page/what-ohip-covers

Ontario medication coverage: https://www.ontario.ca/page/medication-coverage-results

Health811 Ontario: https://www.ontario.ca/page/your-health

HealthLink BC fatty liver: https://www.healthlinkbc.ca/healthwise/non-alcoholic-fatty-liver-nafl

AASLD MASLD guidance: https://www.aasld.org/practice-guidelines/clinical-assessment-and-management-metabolic-dysfunction-associated-steatotic

NIDDK NAFLD/NASH: https://www.niddk.nih.gov/health-information/liver-disease/nafld-nash

AGA non-invasive biomarkers: https://gastro.org/clinical-guidance/role-of-noninvasive-biomarkers-in-nafld-masld/

EASL-EASD-EASO guideline: https://easlcampus.eu/sites/default/files/2024-08/EASL_CPGs_management_of_MASLD.pdf

NICE NG49: https://www.nice.org.uk/guidance/ng49/resources/nonalcoholic-fatty-liver-disease-nafldassessment-and-management-pdf-1837461227461

CADTH MASH health-systems report: https://www.ncbi.nlm.nih.gov/books/NBK623684/pdf/Bookshelf_NBK623684.pdf

American Family Physician 2026 review: https://pubmed.ncbi.nlm.nih.gov/42301877/