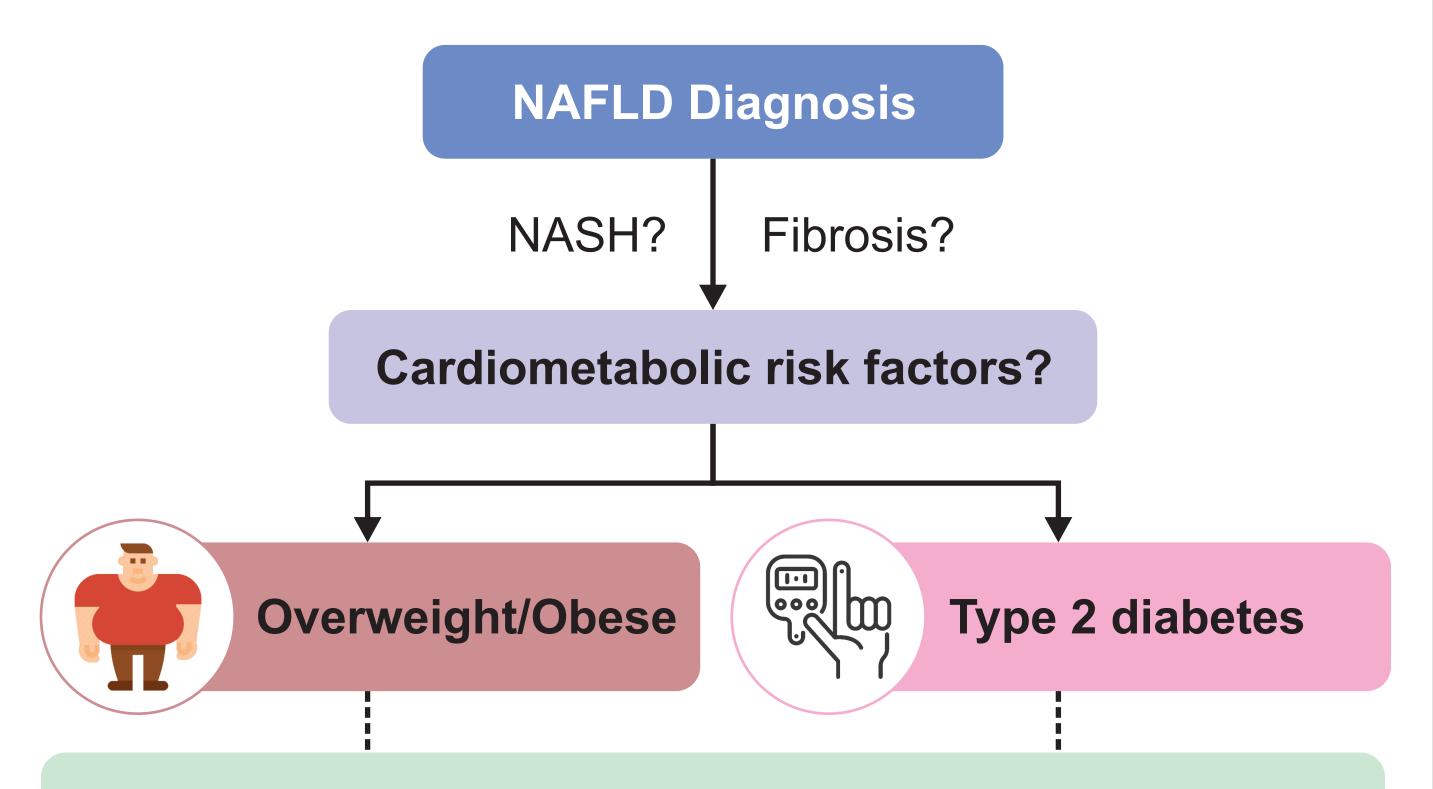
Management of metabolic risk factors to reduce cardiovascular risk in NAFLD



Combined lifestyle modifications

Body composition

- Reduction of ectopic fat deposits
- ≥7-10% total weight reduction in overweight/obese individuals

Dietary patterns

- Low carb. Mediterranean diet
- Low-moderate fat consumption
- Long-chain n-3 FA intake
- Low added sugars consumption (e.g. fructose)

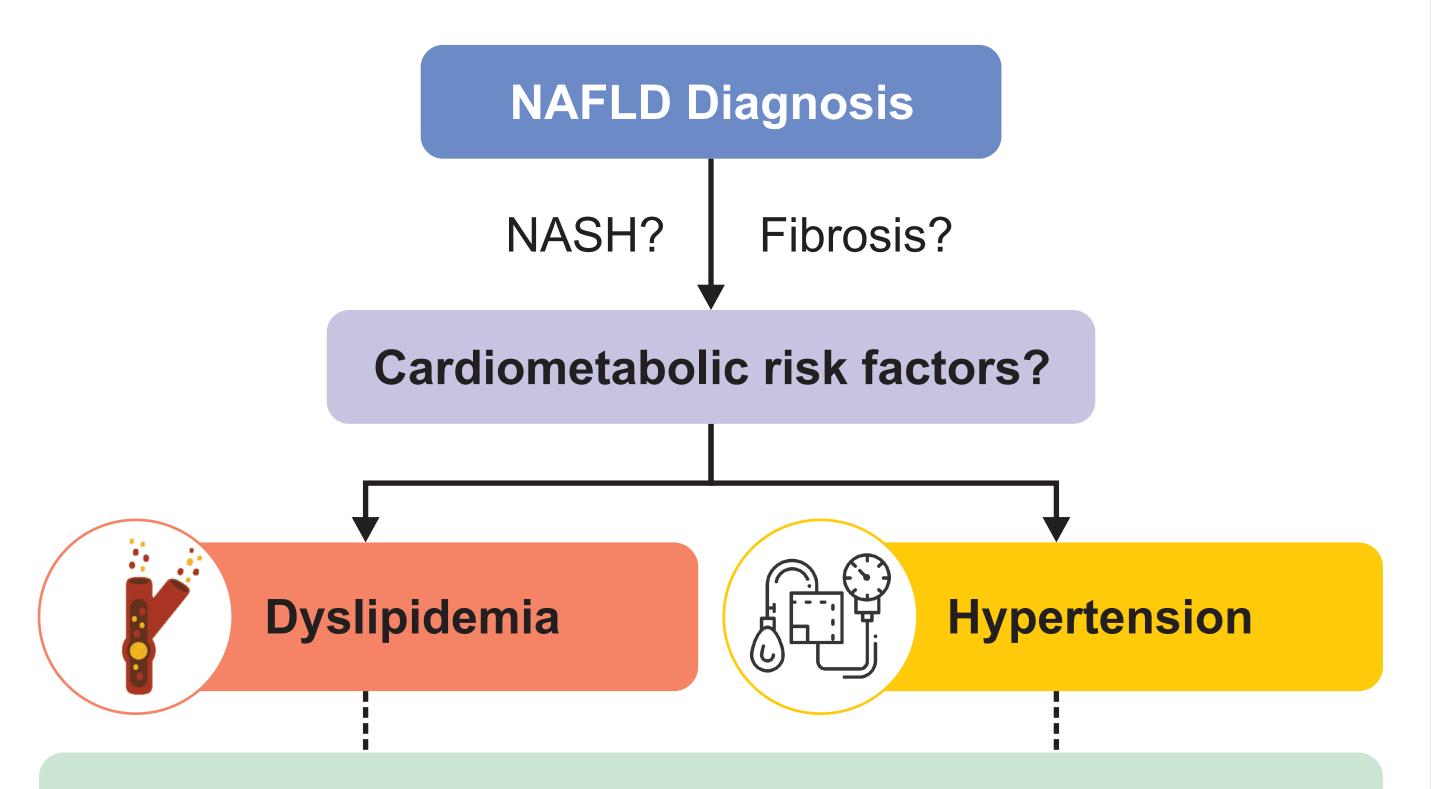
Weight loss programs

- Nutritional support
- Behaviour support
- Physical activity
- Drugs/bariatric surgery

Antidiabetic therapy

- Metformin
- SGLT-2 inhibitors
- Incretin mimetics
 - > Sulfonylureas
 - Insulin analogues

Management of metabolic risk factors to reduce cardiovascular risk in NAFLD



Combined lifestyle modifications

Physical exercise

- Aerobic/resistance training (≥150-300 min moderate or ≥75-150 min vigorous intensity/weekly)
- Reduced sedentary time

Environmental stressors

- Smoke-/air pollutant free environment
- Restorative sleep patterns
- Low (traffic) noise exposure

Lipid-lowering therapy

Antihypertensive therapy

- ☑ ACE inhibitors
- ☑ Angiotensin II receptor blocker
- ☑ ACE inhibitors / Angiotensin
 II receptor blocker +
 Calcium-channel blocker