**Fatty Liver** is a health condition where **extra fat builds up in the liver**. Your liver normally has a small amount of fat, but if it gets **too much**, it can cause problems.

**What is the Liver?**

The **liver** is a very important organ in your body. It helps:

* **Clean your blood**
* **Store energy**
* **Help with digestion**

**What is Fatty Liver?**

Normally, the liver has **some fat**, which is okay. But when the **amount of fat becomes too much (more than 5-10% of the liver’s weight)**, it is called **Fatty Liver**.

**What Happens in Fatty Liver?**

When you have **fatty liver**, your liver stores **too much fat**. Over time, this fat can:

* Make it **hard for your liver to work properly**
* Cause **inflammation** (swelling)
* Even lead to **liver damage**

**Types of Fatty Liver**

* **Non-Alcoholic Fatty Liver Disease (NAFLD)**  
  Happens in people who **do not drink much alcohol**. Often linked to:
  + **Overweight**
  + **Unhealthy diet**
  + **Lack of exercise**
  + **Diabetes**
* **Alcoholic Fatty Liver Disease**  
  Happens in people who **drink a lot of alcohol**. Alcohol damages the liver and causes fat to build up.

**Common Symptoms**

Many people with fatty liver **don’t feel anything** at first. But over time, some may feel:

* **Tiredness**
* **Pain in the upper right side of the belly**
* **Weakness**

If the liver becomes more damaged, it can lead to a condition called **cirrhosis**, which is serious.

**Causes**

* **Overeating**
* **Eating too much sugar or fat**
* **Lack of physical activity**
* **Being overweight or obese**
* **Drinking too much alcohol**
* **Having diabetes or high cholesterol**

**Is Fatty Liver Dangerous?**

In early stages, **fatty liver is not very dangerous** and can be reversed.  
But if not taken care of, it can lead to:

* **Liver inflammation**
* **Liver damage**
* **Cirrhosis** (permanent liver damage)
* **Liver Cancer** (In some cases, severe fatty liver can increase the risk of developing liver cancer).
* In rare cases, **liver failure**

**How is it Diagnosed?**

Doctors may use:

* **Blood tests** (to check liver enzymes)
* **Ultrasound scan** (to see fat in the liver)
* **Liver biopsy** (a small sample of liver tissue is tested, but this is rare)

**How to Treat or Prevent It**

* **Lose weight** (if you are overweight, even 5–10% of body weight can help)
* **Eat healthy** foods (more fruits, vegetables, and whole grains)
* **Avoid sugar and junk food**
* **Exercise regularly (**at least 30 minutes a day**)**
* **Avoid alcohol**
* **Control blood sugar and cholesterol**

**Conclusion**

**Fatty liver** is a condition where **too much fat** builds up in your liver. It can be **reversed** or **controlled** with **healthy lifestyle changes**. If not treated, it can lead to **serious liver problems**. So, it's important to take care of your **diet, weight, and overall health**