**Fatty Liver Grading** (also called **stages**) means how **serious** the fat build-up in your liver is. Doctors divide fatty liver into **different grades or stages** to understand **how much damage** has happened.

There are **four main stages** of fatty liver disease, starting from **mild** to **severe**.

**Stage 1: Simple Fatty Liver (Steatosis)**

* **Fat starts building up in the liver**, but the liver is **not yet inflamed or damaged**.
* This stage often has **no symptoms**.
* It is **not dangerous** if treated early with **healthy diet and exercise**.
* This stage is also called **Grade 1 Fatty Liver**.

**Stage 2: Non-Alcoholic Steatohepatitis (NASH)**

* In this stage, the **fat causes inflammation** (swelling) in the liver.
* The liver becomes **irritated and may get damaged**.
* Some people may start to feel **tired**, **weak**, or **pain on the right side of the belly**.
* This is more **serious than simple fatty liver**.

**Stage 3: Fibrosis**

* The liver now has **inflammation and scarring** (called **fibrosis**).
* The liver can still **work**, but the **damage is getting worse**.
* If no action is taken, the liver may **lose its normal function**.
* This stage needs **medical care** and **lifestyle changes**.

**Stage 4: Cirrhosis**

* This is the **most serious stage**.
* The liver is now **heavily scarred and damaged**, and **cannot work properly**.
* Symptoms may include **yellow skin (jaundice)**, **swelling**, and feeling **very weak**.
* Cirrhosis can lead to **liver failure** or **liver cancer**.
* This stage may need **strong medical treatment** or even a **liver transplant**.

**In Simple Words**

Fatty liver has **4 stages**:

* **Mild fat** (Grade 1) – can be reversed easily
* **Fat + inflammation** (NASH) – needs attention
* **Scarring** (Fibrosis) – more damage
* **Severe damage** (Cirrhosis) – very serious

**How to Know Your Stage**

Doctors may use:

* **Ultrasound** or **FibroScan**
* **Blood tests**
* **Liver biopsy** (a small sample of liver is tested)

**Good News**

**Early stages** of fatty liver can be **reversed** by:

* **Losing weight**
* **Healthy eating**
* **Daily exercise**
* **Avoiding alcohol**

**Reversible Stages of Fatty Liver**

* **Grade 1 (Mild Fatty Liver)**
  + **Yes, fully reversible**
  + With healthy food, regular exercise, and weight loss.
* **Grade 2 (Moderate Fatty Liver)**
  + **Yes, still reversible**
  + But it needs **more effort** and **early action** to stop further damage.

**❌ Usually Not Reversible**

* **Liver Fibrosis**
  + **Scarring begins**
  + **Mild fibrosis can improve**, but deep scarring is **hard to fully reverse**.
* **Cirrhosis**
  + **Not reversible**
  + Permanent liver damage. The only option in severe cases is a **liver transplant**.

**Important Tip:**

**The earlier you take action, the better your chances of full recovery.**  
Stages **1 and 2** are the best time to **reverse fatty liver** naturally.

**Knowing the stage** helps the doctor decide the **right treatment**.  
Always talk to a **doctor** for proper check-up and advice.