**Reversible vs. Irreversible Fatty Liver**

Here’s a simple explanation for beginners using easy and clear language:

**What Does Reversible Mean?**

**Reversible fatty liver** means the **damage can be healed**.  
With the **right food, exercise, and care**, the **liver can go back to normal**.

**What Does Irreversible Mean?**

**Irreversible fatty liver** means the **liver is permanently damaged**.  
Even with treatment, the liver **cannot fully heal**, but problems can be **managed** to avoid getting worse.

**Reversible Fatty Liver – Early Stages**

These stages can be **fully or partly reversed** if caught early and treated properly:

* **Grade 1 (Simple Fatty Liver)**
  + Only **fat buildup**, no damage
  + No symptoms usually
  + **Fully reversible**
* **Grade 2 (Moderate Fatty Liver)**
  + Some **inflammation**, mild liver irritation
  + Still **reversible with lifestyle changes**

**Irreversible Fatty Liver – Late Stages**

These stages cause **permanent damage** to the liver:

* **Fibrosis (Scarring of Liver)**
  + Liver tissue becomes **stiff or scarred**
  + **Mild fibrosis** may improve, but **deep scars stay forever**
* **Cirrhosis (Severe Liver Damage)**
  + Liver is **badly scarred and can’t work properly**
  + Can lead to **liver failure or cancer**
  + **Not reversible**, but symptoms can be controlled

**How to Keep Fatty Liver Reversible**

* **Eat healthy food** (less sugar, fat, junk food)
* **Exercise regularly**
* **Lose extra weight**
* **Avoid alcohol**
* **Manage diabetes and cholesterol**
* **Go for regular check-ups**

**In Simple Words**

**Reversible fatty liver** is like a **dirty room that you can clean**.  
**Irreversible fatty liver** is like a **broken wall that cannot be fixed easily**.

**Key Message**

**Fatty liver is easy to reverse if caught early.**  
**Do not wait for symptoms.**  
Start a **healthy lifestyle now** to protect your liver.