



Government of India
Ministry of Chemicals & Fertilizers
Department of Pharmaceuticals

Jan Aushadhi VARTA



EDITION 33

11th April, 2025

EDITION 33



PM Modi Celebrates 7th Jan Aushadhi Diwas at Silvassa

On 7th March, Hon'ble PM Shri Narendra Modi spoke at a vibrant gathering in Silvassa, Dadra & Nagar Haveli, celebrating the 7th Jan Aushadhi, Diwas. He lauded the Jan Aushadhi Pariyojana for delivering affordable, top-quality medicines to millions, embodying the vision of healthcare for all with the powerful motto,

**“Daam Kam
Dawai Mein Dum”**



Total No.
of Kendras
15403
(till 31.03.2025)



Total Sales crossed
Rs. 2022.47 Crore
FY 2024-25
(till 31.03.2025)



Estimated Savings Approx
of **Rs. 8089.88 Crore** to
Citizens FY 2024-25
(till 31.03.2025)

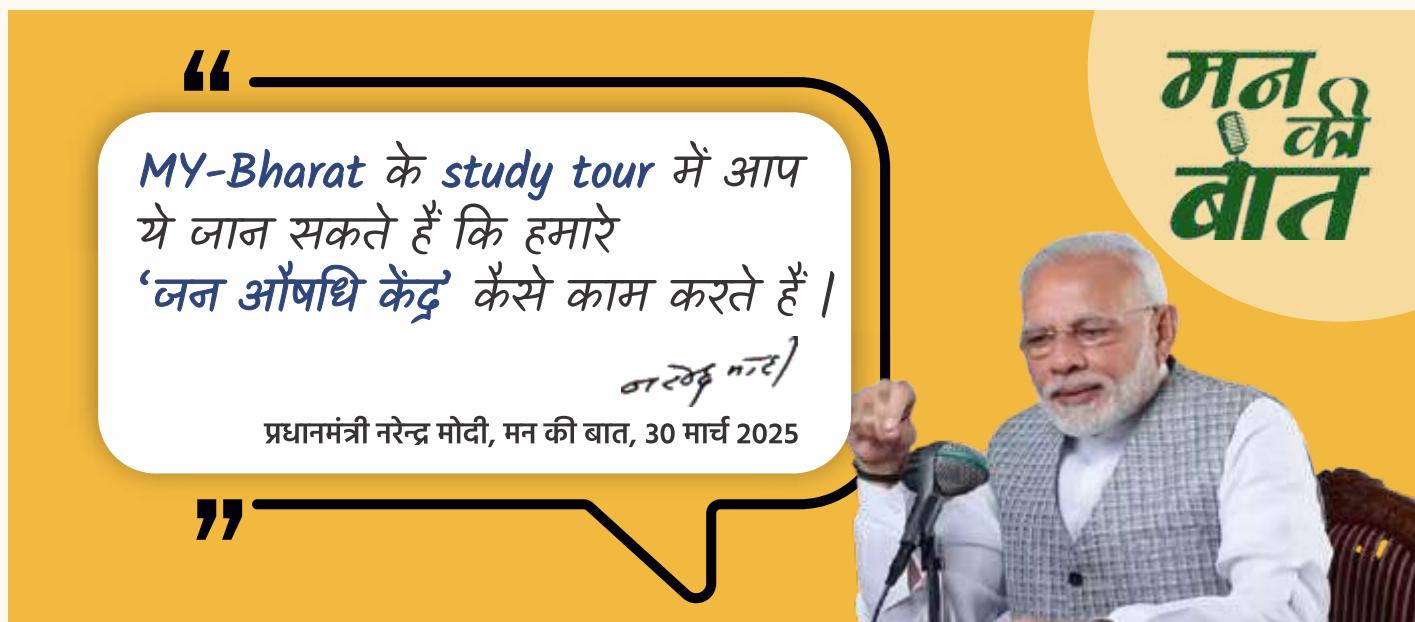


Sales of
March 2025
is **Rs. 255.28**
Crore

HIGHLIGHTS

 March 30, 2025

Hon'ble PM praises PMBJP in Mann Ki Baat Episode



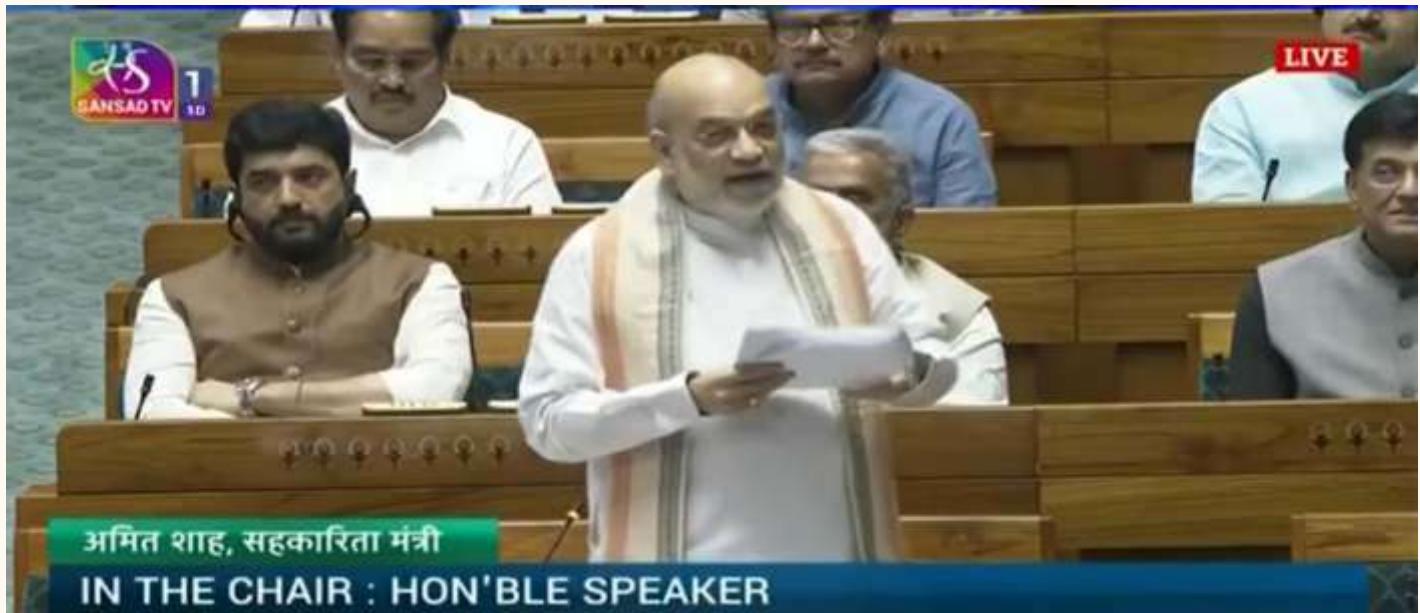
While sharing India's vision for a healthier world population in the 120th episode of "MannKiBaat", Hon'ble Prime Minister Shri Narendra Modi highlighted the significant change Janaushadhi Kendras are bringing in his address on 30th March 2025. He encouraged youth to explore Janaushadhi Kendras to understand their functionality and to spread awareness about generic medicines. This opens a new spectrum of opportunities for the youth to explore the operational know-how of Janaushadhi Kendras through MyBharat's Experiential Learning Program.



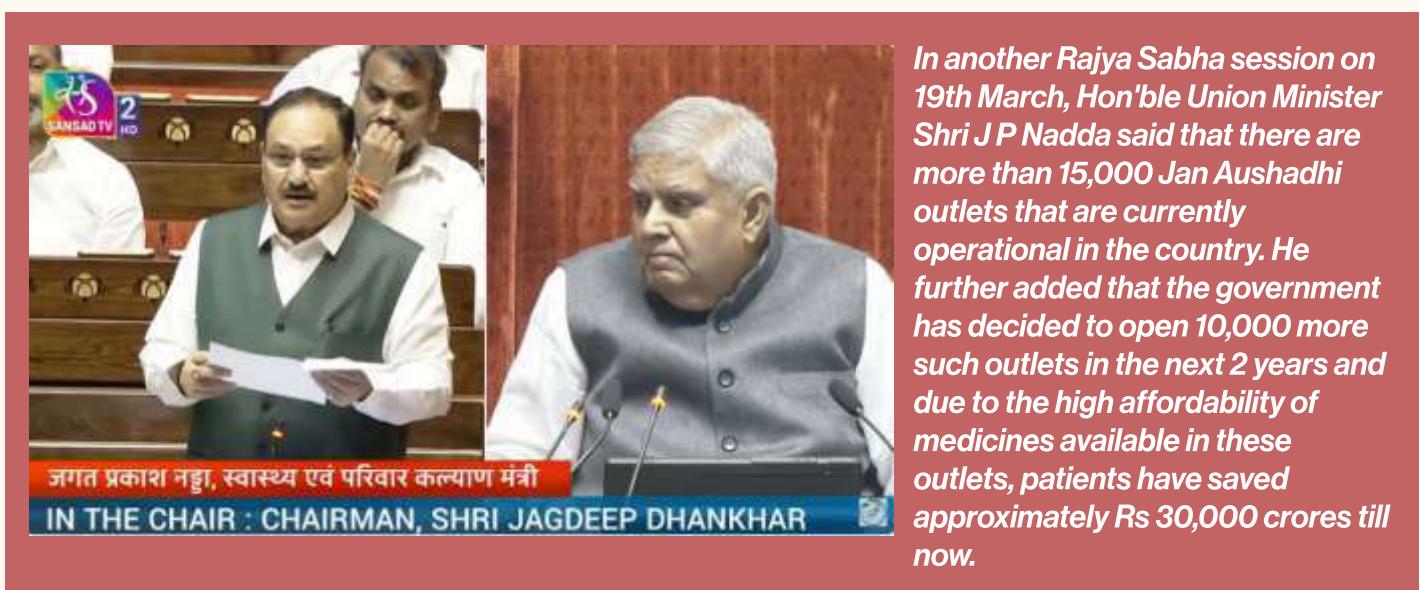
HIGHLIGHTS

 March 26, 2025

Commendation, praise and admiration for Jan Aushadhi Pariyojana in Parliament



On March 26, in a **Rajya Sabha** discussion, Hon'ble Union Home Minister Shri Amit Shah praised the linking of **Primary Agricultural Credit Societies (PACS)** with **Jan Aushadhi Kendras**. He highlighted how this helps small farmers by setting up over 4,000 Kendras through PACS. He also explained that lower medical costs save up money for farming, boosting productivity, creating jobs, and adding income for PACS members.



In another Rajya Sabha session on 19th March, Hon'ble Union Minister Shri J P Nadda said that there are more than 15,000 Jan Aushadhi outlets that are currently operational in the country. He further added that the government has decided to open 10,000 more such outlets in the next 2 years and due to the high affordability of medicines available in these outlets, patients have saved approximately Rs 30,000 crores till now.

HIGHLIGHTS

 March 1-7, 2025

 All Over India

PMBJP *Shines on* 7th Jan Aushadhi Diwas 2025



Jan Aushadhi Week celebrated annually from 1st to 7th March since 2019, is a vibrant initiative inspired by the Prime Minister's vision.

This week-long event promotes affordable healthcare by highlighting the role of PMBJP in providing quality generic medicines.



Day-1 Jan Aushadhi Jan Chetna Abhiyan/Pad Yatras:

The 7th Janaushadhi Week 2025 kicked off with the "Jan Chetna Abhiyan" in Delhi and continued its journey throughout the week with various activities. Hon'ble Union Minister of Health & Family Welfare and Chemicals & Fertilizers, Shri Jagat Prakash Nadda, and Hon'ble Minister of State for Health & Family Welfare and Chemicals & Fertilizers Smt. Anupriya Patel along with Shri Amit Aggarwal, Secretary, Department of Pharmaceuticals, Ministry of Chemical & Fertilizers flagged off mobile vans to spread awareness by highlighting "Achhi Bhi, Sasti Bhi", the motto of the noble initiative.

Shri Amit Agrawal, IAS, Secretary, Department of Pharmaceuticals, Ministry of Chemicals and Fertilizers, Government of India and Shri Ravi Dadhich, CEO, PMBI inaugurated the Pradhan Mantri Bhartiya Janaushadhi Pariyojana (PMBJP) stall at Dilli Haat, INA, New Delhi.

Across 34 States and Union Territories, at 47 distinct locations, these Pad Yatras drew participation from over 5557 individuals, spearheaded by local public representatives.

HIGHLIGHTS

 March 1-7, 2025

 All Over India

Day-2 Jan Arogya Mela (Health Camp)



Hauz Khas, New Delhi



Janipur, Jammu, Jammu and Kashmir

A unique initiative titled "Jan Aushadhi Virasat Ke Sath" including Heritage Walk and Health Mela, was conducted across the nation on the second day of the celebration. This Heritage Walk was designed to showcase India's rich historical tradition, conducted at 25 significant historical sites spanning the length and breadth of the country. At 500 strategically chosen locations throughout India, comprehensive Health Camps were also organized.

Day-3 Jan Aushadhi Bal Mitra



Sawai Madhopur, Rajasthan



Nashik, Maharashtra

Jan Aushadhi Bal Mitra Participation was conducted at different schools across the country to persuade children into various activities through which the message of Jan Aushadhi Pariyojana was spread.

HIGHLIGHTS

 March 1-7, 2025

 All Over India

Day-4

Jan Aushadhi Ek Kadam Matri shakti ki ore



Jodhpur, Rajasthan



Mussoorie, Uttarakhand

To specifically honour women beneficiaries and to highlight the advantages of Jan Aushadhi products designed for women's health, a series of events were meticulously organized at 46 distinct locations across all States and Union Territories.

Day-5

Jan Aushadhi Seminar



Gorakhpur, Uttar Pradesh



Indore, Madhya Pradesh

A series of informative seminars were strategically organized at Pharmacy Colleges and Universities nationwide on the fifth day of celebration to create awareness among young pharmacist professionals about the flagship scheme of Jan Aushadhi.

HIGHLIGHTS

 March 1-7, 2025

 All Over India

Day-6

Aao Jan Aushadhi Mitra Banein



Bilaspur, Chhattisgarh



Dharwad, Karnataka

PMBJP launched a significant initiative titled “Aao Jan Aushadhi Mitra Banein” on the 6th Day of the celebration. This programme aimed to actively empower citizens as volunteers across the entire nation.

Day-7
Jan Aushadhi Diwas



Qutab Minar, New Delhi



Niladri Beach, Puri, Odisha



Shri Jagat Prakash Nadda,
Hon'ble Union Minister of Health & Family
Welfare and Chemicals & Fertilizers visited
AIIMS, Bilaspur, Himachal Pradesh



Dr. Jitendra Singh, Hon'ble MoS (Independent Charge),
Science and Technology, Personnel, Public
Grievances, Pensions, Atomic Energy and Space,
Govt. of India, visited AIIMS, New Delhi

To mark the beginning of Jan Aushadhi Diwas on 7th March, Qutub Minar glowed in celebration, while Odisha's sand artist Sudarsan Pattnaik created a stunning 4-ton sand sculpture.

Jan Aushadhi Diwas saw participation from a Union Minister, state leaders, MPs, MLAs, and 490 dignitaries across 26 States/UTs, with 32,431 attendees at 228 events. A digital campaign sent 11.2 million messages to pensioners and beneficiaries, boosting awareness.

Youth engaged through MyGov competitions, with 70 million messages shared, while 300 radio stations broadcasted the initiative nationwide.

HIGHLIGHTS

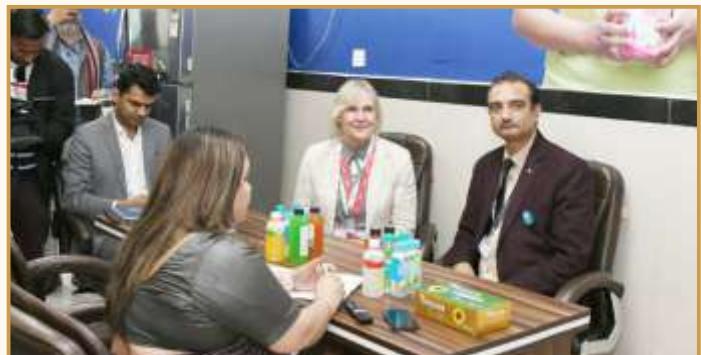
 March 1, 2025

 AIIMS, New Delhi

Special visit at **Jan Aushadhi Kendra AIIMS, New Delhi,** from the **University of Sydney**

Dr. Ann Liebert, Adjunct Senior Lecturer, University of Sydney, visited Janaushadhi Kendra at AIIMS, New Delhi on 1st March 2025. Senior PMBI officials presented the PMBJP model and the government's vision of delivering quality, affordable medicines to

Dr. Liebert who further commended the Indian government's efforts, highlighting the Jan Aushadhi scheme's positive impact on expanding access to quality healthcare for millions of Indians.



The Kingdom of the Netherlands at AIIMS Jan Aushadhi Kendra, *yet another global session*

An International Delegation from the Kingdom of the Netherlands visited the Pradhan Mantri Bhartiya Janaushadhi Kendra at AIIMS in Delhi on March 24, 2025. The delegation gained deep insights into the workings of the Jan Aushadhi model in India to

provide quality generic medicines at affordable prices to the citizens. They appreciated Govt. of India's efforts and showed keen interest in the process and scope of implementing the scheme in their country.



A remarkable
Rs. 2022 crore
in
Sales
for FY 2024-25

*a significant milestone in
PMBJP's journey*



The Pradhan Mantri Bhartiya Janaushadhi Pariyojana (PMBJP) has exceeded its ambitious sales target of Rs. 2000 crore for the fiscal year 2024-25, recording an impressive Rs. 2022 crore in revenue. This remarkable milestone highlights the program's success in providing affordable, high-quality generic medicines to millions of Indians through its extensive network of Janaushadhi Kendras.

The achievement reflects growing public trust in the initiative, practical implementation, and its pivotal role in reducing out-of-pocket healthcare expenses. By surpassing this financial goal, PMBJP not only strengthens its impact on public health but also sets a new benchmark for future growth and accessibility in healthcare accessibility.

HIGHLIGHTS

Showcasing PMBJP at Diverse Expos

The Pradhan Mantri Bhartiya Janaushadhi Pariyojana (PMBJP) showcased its transformative impact at various locations of the nation which aims at raising awareness among people about the affordability of Janaushadhi medicines. The events provided a platform to showcase PMBJP's transformative role in healthcare, spotlighting

remarkable growth in ensuring accessible generic medicines to all. The stall drew the attention of the visitors with interactive engagement and dissemination of knowledge on PMBJP medicines, emphasizing reduced healthcare costs and increased accessibility for citizens.



Noida Haat, Gautam Budh Nagar, Uttar Pradesh
(March 28 to March 30, 2025)



4th Edition of Momentum North-East 2025, held from March 21 to March 23, 2025, at the Maniram Dewan Trade Center in Guwahati, Assam.



The DGR Job Fair on March 21, 2025, at Cariappa Ground, Danapur Cantt, Patna, Bihar.



The Bihar Diwas Celebration on March 22, 2025, at Gandhi Maidan, Supaul, Bihar, celebrated the state's heritage while promoting affordable healthcare to all.



Vikas Utsav Mela, organized by the Food Safety and Drug Administration from March 25 to March 27, 2025, at Aligarh and Kaushambi, Uttar Pradesh, showcased its healthcare revolution.

IN THE NEWS

Hans India

March 07, 2025

Jan Aushadhi Diwas shows India's commitment to quality, affordable medicines for all: PM Modi



New Delhi: Jan Aushadhi Diwas shows India's commitment to provide quality and affordable medicines for all people, said Prime Minister Narendra Modi on Friday. Every year, March 7th is celebrated as 'Jan Aushadhi Diwas' to raise awareness about the scheme and promote the use of generic medicines. PM Modi noted that the initiative will help towards building a healthy and fit nation. "Jan Aushadhi Diwas reflects our commitment to provide top quality and affordable medicines to people, ensuring a healthy and fit India," he shared in a post on social media platform X.

Jan Aushadhi Kendras, set up under the Pradhan Mantri Jan Aushadhi Pariyojana (PMBJP), is a public welfare scheme, that provides quality medicines at affordable prices to the masses. Launched in November 2008, the Scheme is being implemented through the Pharmaceuticals and Medical Devices Bureau of India (PMBI).

Hindustan Times

March 12 2025

Ensuring universal health care with Jan Aushadhi Kendras

Medicines protect health and save lives. But medicines cost money and spending on them constitutes a major component of out-of-pocket expenditure. To alleviate this stress on citizens, the government provides free medicines through public hospitals and through over 1.7 lakh Ayushman Arogya Mandirs. Ayushman Bharat Pradhan Mantri Arogya Yojana (AB PMJAY) provides free inpatient care, including all the necessary medicines, to over 55 crore individuals. Prices of many essential drugs are also regulated.

These efforts have contributed to a consistent decline in out-of-pocket expenditure — from 64% of the total health expenditure in 2013-14 to 39% in 2021-22. But more needs to be done to further reduce the financial burden on health care.

The larger objective of the Pradhan Mantri Bharatiya Jan Aushadhi Pariyojana (PMBJP) is precisely this. PMBJP aims to provide quality generic medicines through a network of Jan Aushadhi Kendras (JAKS). Presently, more than 15,000 such outlets are operating across 776 districts delivering health benefits to approximately one million people every single day. The product range of JAKS covers 2,047 medicines and 300 surgical and health care items. The medicines sold at JAKS are on average 50% to 80% cheaper than their branded counterparts sold in the open market.

THE ECONOMIC TIMES

March 07, 2024

Jan Aushadhi Kendras led to savings of Rs 30,000 crores: Union Minister JP Nadda on Jan Aushadhi Diwas



As Friday marks the 'Jan Aushadhi Diwas', Union Health Minister JP Nadda on Friday said that today more than 15,000 Jan Aushadhi Kendras are functioning in the country which are selling inexpensive medicines to more than 10 lakh people, leading to savings of Rs 30 thousand crores.

Nadda stated that the Pradhan Mantri Bharatiya Jan Aushadhi Pariyojana has transformed healthcare system of the country with the mantra 'Achi Bhi, Sasti Bhi', ensuring high-quality and affordable medicines for all.

Speaking on the occasion, Union Health Minister JP Nadda said, "Under the visionary leadership of PM Narendra Modi, the Pradhan Mantri Bharatiya Jan Aushadhi Pariyojana has transformed healthcare with the mantra 'Achi Bhi, Sasti Bhi', ensuring high-quality, affordable medicines for all.

भारत
EXPRESS

March 26 2025

PACS की मदद से जन औषधि केंद्रों का सफल संचालन, ग्रामीण क्षेत्रों में सदस्ती दवाइयों की पहुंच

PACS and Jan Aushadhi: ग्रामीण नागरिकों को सदस्ती दरों पर जेनेटिक दवाइयां उपलब्ध कराने के उद्देश्य से, सरकार ने प्राथमिक कृषि ऋण सहकारी समितियों (PACS) को प्रधानमंत्री भारतीय जन औषधि केंद्र (PMBJ) संचालित करने की अनुमति दी है। यह योजना भारत सरकार के दसायां और उर्वरक मंत्रालय के तहत प्रधानमंत्री भारतीय जन औषधि परियोजना का हिस्सा है।

PACS के नेटवर्क का उपयोग और स्थापित विभास

PACS अपने विस्तृत ग्रामीण नेटवर्क का उपयोग कर सकती है, जिसमें 13 करोड़ से अधिक छोटे और सीमांत किसान शामिल हैं। इसके अलावा, PACS के पास भूमि, भवन और भंडारण सुविधाओं जैसे बुजियां दाँधे का उपयोग करके जन औषधि केंद्रों की स्थापना और संचालन की क्षमता है। यह उन्हें दूष-दाराज के क्षेत्रों में किफायती दवाइयां उपलब्ध कराने में मदद करता है, जहां ऐसी सुविधाओं की कमी होती है। PACS का स्थापित विभास और ग्रामीण जनसंख्या के साथ मजबूत दिशा इन केंद्रों की सफलता सुनिश्चित करता है।

IN THE NEWS



March 26, 2025

Over 15,000 Jan Aushadhi Kendras opened nationwide under Pradhan Mantri Bhartiya Janaushadhi Pariyojana



The Pradhan Mantri Bhartiya Janaushadhi Pariyojana (PMBJP) has seen significant growth, with a total of 15,057 Jan Aushadhi Kendras (JAKs) opened across the country as of February 28, according to a statement released by the Ministry of Chemicals and Fertilizers on Tuesday.

These Jan Aushadhi Kendras, spread across various States and Union Territories, aim to provide affordable generic medicines to the public. The initiative is designed to ensure that essential medicines are available at significantly lower prices, making healthcare more accessible to the masses.

The Ministry confirmed that there is no systemic issue regarding the availability of medicines at JAKs. To ensure a smooth supply chain, an end-to-end IT-enabled system has been implemented. This system includes one central warehouse located in Gurugram and four regional warehouses situated in Bengaluru, Guwahati, Chennai, and Surat. Additionally, 36 distributors have been appointed across the country to further bolster the supply chain.

The Indian EXPRESS | April 07, 2025

India-Mauritius joint statement: Enhanced maritime cooperation, e-buses, police training



From increased deployment of ships and aircraft for joint maritime surveillance to customised training for Mauritius police officers and timely delivery of 100 e-buses to supporting implementation of the e-judiciary system—India and Mauritius agreed on a raft of outcomes after PM Narendra Modi and Mauritius PM Navinchandra Ramgoolam met over the last couple of days in Port Louis.

Health Sector

- Jan Aushadhi Kendras by India abroad in Mauritius and agreed to expand the initiative to various parts of Mauritius
- Setting-up of an Ayush Centre of Excellence in Mauritius.

millenniumpost

March 14, 2025

PM 'Bhartiya Janaushadhi Pariyojana': Transforming healthcare, reducing cost

NEW DELHI: In a significant step towards transforming India's healthcare landscape, the government's 'Pradhan Mantri Bhartiya Janaushadhi Pariyojana' (PMBJP) has been a game-changer for the ordinary people. Despite strong opposition, the scheme has successfully reduced out-of-pocket healthcare expenses for millions of families, providing affordable medicines to those in need. Further amplifying the positive impact, the government is promoting the opening of more Janaushadhi Kendras across the country. Those who wish to open a store must have a minimum of 120 square feet of space and a qualified pharmacist with an eligible degree. Additionally, women and individuals from backward communities are encouraged to open these stores, with the government offering a subsidy of Rs 2 lakh to support their entrepreneurial efforts.

The Statesman

March 26, 2025

Delhi govt mandates purchase of medicines from PM Jan Aushadhi Kendra restricting local procurement



Delhi Health Minister Dr. Pankaj Kumar Singh on Wednesday announced the approval of the Delhi government's decision to mandate procurement of medicines from Pradhan Mantri Jan Aushadhi Kendras (PMBJK) instead of relying on local purchases, unless absolutely necessary.

This initiative is in line with the government's commitment to ensuring cost-effective and high-quality medicines for all citizens of Delhi while promoting transparency in procurement processes.

This move follows the minister's review meeting on March 6 at the Delhi Secretariat where he had directed all medical superintendents and health officials to take expeditious action towards streamlining medicine procurement through PMBJK under the Department of Pharmaceuticals, Government of India.

The directive emphasized the signing of a Memorandum of Understanding (MoU) with an authorized channel partner of PM-Jan Aushadhi Kendras to facilitate seamless procurement across all government hospitals in Delhi.



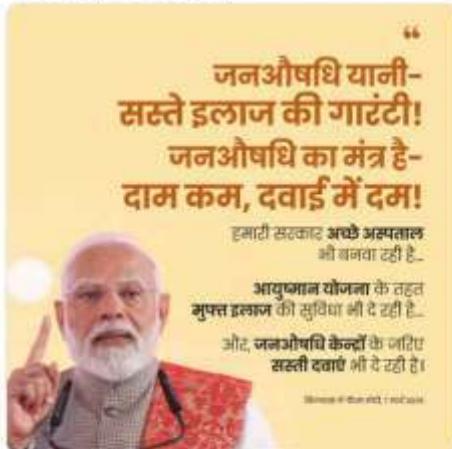
SOCIAL MEDIA HIGHLIGHTS

(PMBJP Retweeted)

← Post

PMO India  @PMOIndia

जन-ओषधि यानी- सस्ते इलाज की यानी।
जन-ओषधि का मंत्र है- दाम कम, दवाई में दम।



3:50 PM · Mar 7, 2025 · 42.5K Views

0 0 1,284 0 0 0

← Post

Jagat Prakash Nadda  @JPNadda

On the occasion of #JanAushadhiDiwas, I visited the Jan Aushadhi Pharmacy at All India Institute of Medical Sciences, Bilaspur in Himachal Pradesh today, where a Nukkad Natak was presented as part of the celebrations, creatively highlighting the role of affordable generic medicines in reducing healthcare costs and ensuring universal access to essential drugs.



8:42 PM · Mar 7, 2025 · 6,034 Views

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← Post

Anupriya Patel  @AnupriyaSPatel

"जन-ओषधि दिवस" की देशवासियों को अनोन्या शुभकामनाएँ। केंद्र सरकार की इस अनेकी पहल ने दवा के शुर्च को कम करके कारोबारी देशवासियों को राहत दी है। जन-ओषधि यानी, दाम कम, दवा उत्तम। आपसे सब मिलकर हम अभियान को जन-जन तक पहुँचाने का संकल्प लें। #JanAushadhiDiwas2025



10:26 AM · Mar 7, 2025 · 6,319 Views

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← Post

Digital India  @DigitalIndia

UMANG ऐप के बारे में अन-नवीनी का जैविक केंद्र को जानने के लिए जल्दी से जल्दी कार्यालय, लैसी अमृत जल्दी करें। अधिक जानने के लिए सोशल कॉर्नर@umang_gov.in/umangjapar...



3:30 PM · Mar 12, 2025 · 2,092 Views

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PMBJK inauguration Insights



Shri Vijaypal Singh Rajput

Hon'ble Member of Legislative Assembly,
Sohagpur, Narmadapuram,
Govt. of Madhya Pradesh inaugurated PMBJK

📍 **Makhan Nagar, Narmadapuram
(Madhya Pradesh)**



Dr. Prabhuram Choudhary

Hon'ble Member of Legislative Assembly,
Sanchi, Govt. of Madhya Pradesh
inaugurated PMBJK

📍 **Hari Plaza Mukherjee Nagar,
Raisen (Madhya Pradesh)**



Shri Surendra Chaurasia

Hon'ble Member of Legislative Assembly,
Rampur Karkhana, Deoria,
Govt. of Uttar Pradesh inaugurated PMBJK

📍 **Padri Bazar, Deoria (Uttar Pradesh)**

Shri Ashish Sharma

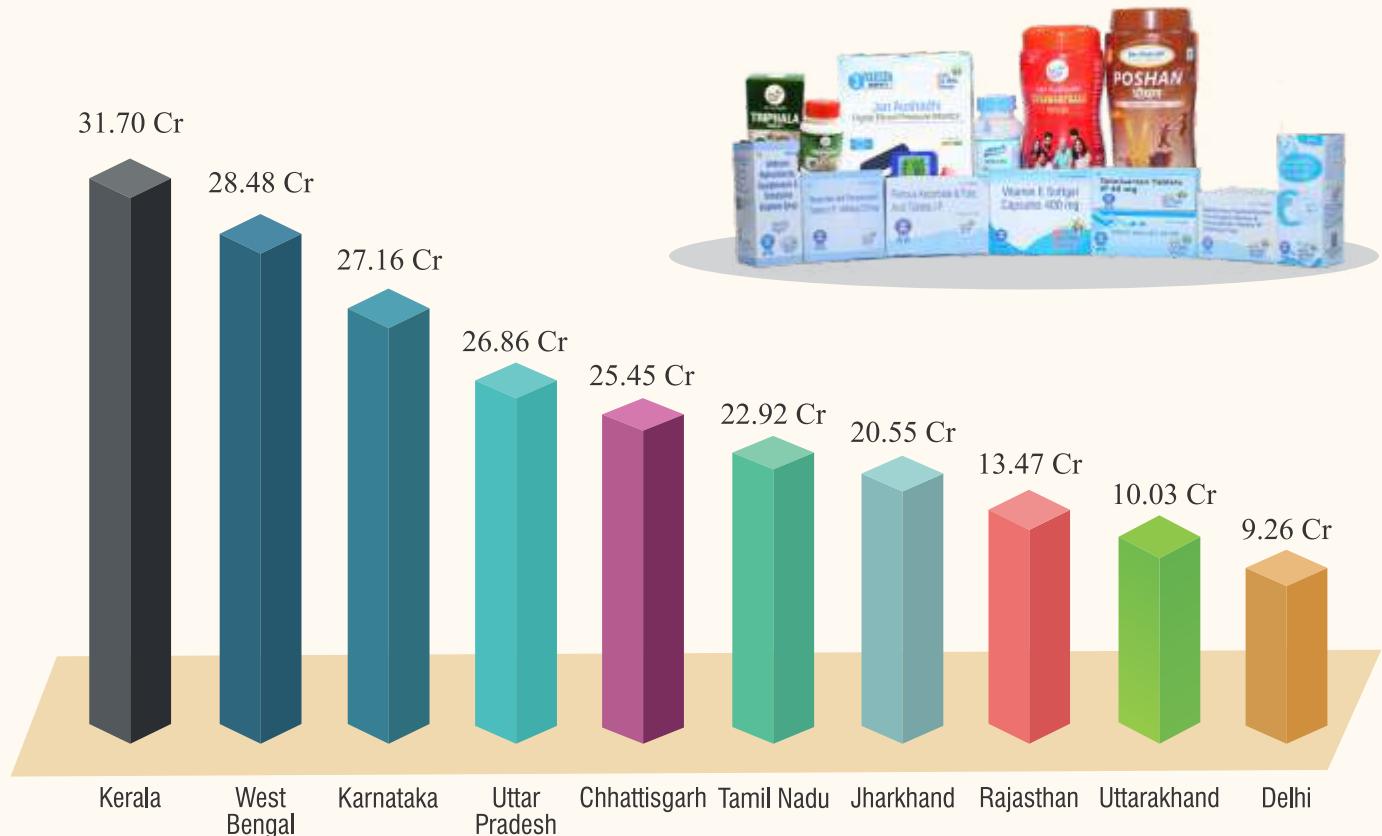
Hon'ble Member of Legislative Assembly,
Khategaon, Govt. of Madhya Pradesh
inaugurated PMBJK

📍 **Khategaon (Madhya Pradesh)**



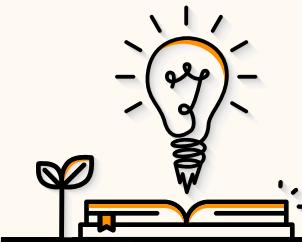
Best Performing States in Terms of Sales in Rs. Crores

March 2025



Welcoming new Partners who joined PMBI family in the month of March 2025

PMBJK17332 - Rajendra Kumar Patel - Community Health Center Main Road, Dabbara, Chhattisgarh - 495688	PMBJK17403 - Jeetu Singh - Shop No.1, House No. 181/A-C, The Dadra & Nagar Haveli, and Daman & Diu - 396210
PMBJK17334 - Sagolsem Biramani Singh - Kakwa Huidrom Leikai, Imphal West, Manipur - 795003	PMBJK17414 - Raj Kumari - Near Civil Hospital, Hospital Bazar, Talwandi Sabo, Bhatinda, Punjab - 151301
PMBJK17343 - Geeta Pal - 410, Purvi Rithani, Delhi Road, Meerut, Uttar Pradesh - 250103	PMBJK17416 - Kohcheda Maruthi - D.No.1-72, Ground Floor, Muthnur(V), Indervelly, Telangana - 504346
PMBJK17353 - Aswathi Krishna S - Door No EP 16/65, Thaikkavu Mukku, Perumpuzha P O, Kollam, Kerala - 691504	PMBJK17424 - Aekantkumar Bharatbhai Ghelani - Shop No.3, Opp. Bus Station, Jamkandorna, Gujarat - 360405
PMBJK17356 - Madhu Singh - H/o Dina Nath Singh, Duhalla Gacchi, Sonepur, Bihar - 841101	PMBJK17425 - Dharamveer Singh - Kheri Lakha Singh, P O-Bhagu Majra, Radaur, Haryana - 135133
PMBJK17362 - Neelam Kumari - Near Girls School, Lower Muthi, Jammu, Jammu & Kashmir - 181205	PMBJK17428 - Sumitra Dadhich - Udaipur Road, Nr Bus Stand, Kapasan, Rajasthan - 312202
PMBJK17382 - Varsha Tripathi - 01, Railway Station, Alwar, Rajasthan - 301001	PMBJK17438 - Md. Hafijur Rahman - Near Monalisa Hotel, P.O. Haibargaon, Khagarijan, Assam - 782002
PMBJK17384 - Mr. Suresh Mittal - Shop no Nrsn-3, Nangloi Nangloi Jat, North Delhi Municipal Corporation, Delhi - 110041	PMBJK17453 - Shashi Bhushan Singh - Community Health Center, Bicholim, Goa - 403529
PMBJK17388 - Jeyalakshmi - 57 A, Ground Floor, Geetha Nagar, Puthur, Tiruchirappalli, Tamil Nadu - 620017	PMBJK17460 - Mohd Salim Ansari - Community Health Center, Sahaspur, Uttarakhand - 248001
PMBJK17399 - Swami Kaleshananda - 309, G.T. Road, Belur Math, Belur, Bally-Jagacha, West Bengal - 711202	PMBJK17466 - Aruna Kumari - Shop No. 1 Deep Nagar Kajheri, Chandigarh - 160036



Jan Aushadhi GYAN GHARONDA

Fatty Liver Disease (FLD)

Fatty liver disease (FLD), also known as *hepatocellular steatosis*, involves excess fat accumulation in the liver, often without symptoms. Over time, it can impair liver function.

Metabolic Dysfunction - Associated Steatotic Liver Disease (MASLD):

known as nonalcoholic fatty liver disease (NAFLD). Risk factors include obesity and metabolic disorders. It has two forms:

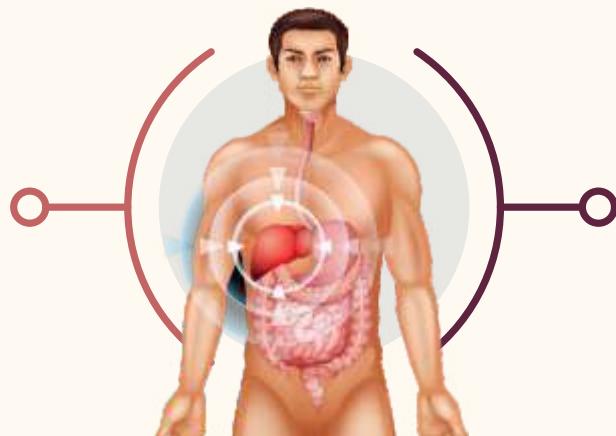
Simple Fatty Liver:

Fat accumulation without inflammation or damage.

Metabolic Dysfunction-Associated Steatohepatitis (MASH):

Inflammation and potential liver damage, leading to serious complications like cirrhosis and liver cancer.

Types of Fatty Liver Disease



Alcohol-Related Fatty Liver Disease (ALD):

Less common, it arises from excessive alcohol consumption.

Stopping alcohol can reverse the condition, but ongoing drinking can lead to significant liver issues such as alcoholic hepatitis and cirrhosis.

Symptoms

Generally, FLD is symptomless. If symptoms arise (more likely in MASH or cirrhosis), they may include:



Abdominal swelling



Enlarged blood vessels



Jaundice
(yellowing of skin/eyes)



Fatigue, nausea,
weight loss

Risk Factors

For ALD, causes mainly include high alcohol consumption, obesity, malnutrition, and certain demographic factors like age and ethnicity.



Diagnosis

Diagnosis is often through medical history, physical exams, and tests for liver function and BMI, as many have no symptoms.



Treatment

Primary treatment for FLD is weight loss (3-5% body weight), which can reduce liver fat and inflammation. Alcohol abstinence is essential. In severe cases, a liver transplant may be necessary.

Alternative Treatments

Vitamin E:

May reduce inflammation but requires caution with dosage.

Coffee:

Linked to improved liver health but mechanisms aren't fully understood.

Olive Oil:

Healthy fat that may reduce liver fat and inflammation.

Reversing Fatty Liver Disease

FLD can be reversed through lifestyle changes, including avoiding alcohol and maintaining a healthy weight, as the liver can regenerate damaged tissue.

Source: <https://www.webmd.com/fatty-liver-disease/fatty-liver-disease>



Fill in the puzzle below based on what you have read about Fatty Liver Disease (FLD) on the previous page.

1

What is Fatty Liver Disease

2

Fill in the Blank

Fatty liver disease is also known as _____.

3

True or False

Fatty liver disease only affects people who consume large amounts of alcohol.

4

Multiple Choice

Which of the following is a risk factor for Alcohol-Related Fatty Liver Disease (ALD)?

- a) Obesity
- b) Chronic viral hepatitis
- c) Being older
- d) All of the above

5

Short Answer

Name one alternative treatment that has been studied for improving liver health in fatty liver disease patients.



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