

Information Sheet - For GI Nutrition Patients

This information sheet is for patients with fatty liver disease (NAFLD, NASH) who are interested in being seen in consultation by, Dr Ganguli, for help with adopting a healthier diet to reverse their condition.

[Fatty liver disease \(NAFLD\)](#) refers to a group of conditions in which there is accumulation of excess fat in the liver of people who drink little or no alcohol. It [affects](#) approximately a quarter of Canadians. A subset of NAFLD patients have inflammation in their liver (NASH) and are at greater risk of complications such as cirrhosis, liver failure, and death or the need for liver transplantation.

The main risk factor for NAFLD is obesity or being overweight. NAFLD is part of the [metabolic syndrome](#) characterized by diabetes or pre-diabetes (insulin resistance), being overweight, high blood pressure as well as having high levels of blood cholesterol or triglycerides.

While many studies of drugs in NAFLD have not been effective, it has recently been found that weight loss of 5-10 % can result in resolution of fat in the liver by 75% or more as well as resolution of liver inflammation (64%) and scarring (50%).

While it has been known for many decades that diet plays a significant role in the development and progression of several chronic diseases including diabetes, heart disease, and high blood pressure it is only relative recently that studies have shown that diet can also prevent and/or reverse these disorders as well as lead to lasting weight loss. It is apparent that the diet which is best able to prevent and/or reverse these diseases is made of **whole** (unprocessed) **foods**, and is **plant based** (ie free of animal products such as meat, chicken, fish, eggs, milk or cheese).

To learn more about this diet and its ability to help fatty liver disease please go to the web address below (note that this page is specially for patients) which has been built by Dr Ganguli, a gastroenterologist (specialist in the stomach/colon etc). You will know that this is the correct page because it will say it is for 'patients'.

foodasprevention.com/liverpatient

Once you have looked through the web page (above) and the rest of the web site you need to decide if you would like to be seen in consultation by Dr Ganguli **to help you to adopt a Whole Food Plant-Based (WFPB) diet for 6 months.** If the answer is 'yes', please review the check list on the next page and then call the number at the bottom so your appointment can be booked.

While you are waiting for your initial consultation, please review the rest of the foodasprevention.com website.

During your **initial consultation meeting (about 2 hours)** you will receive information and help in making changes to your diet. Follow-up appointments will also be arranged to monitor your progress and assist you in making the transition to a WFPB diet.

You will also need to **attend 6 small group meetings (held on Monday evenings)**. These meetings will include education, food demonstrations, recipes and support. If you are not the main food preparer in your household, **that person will also need to accompany you** to the small group meetings and hopefully also to your appointments, in order to learn about this diet and support you in the changes you are making.

Checklist before calling to schedule your initial consultation appointment:

- You are currently a patient being followed by a family doctor
- Reviewed website (foodasprevention.com/liverpatient) page
- Understand the 6 month goal is to transition to a diet free of meat, poultry, fish, milk, cheese, and eggs.
- Understand the intervention includes follow-up visits and participation in group meetings
- If you live with a partner **who prepares your food**, they are willing to come to group meetings (on Monday evenings) too.

If you have checked all of the above and would like to proceed, please **call Dr Ganguli's office (905-522-1155 x 35109)** and leave a message with the following information: 1) Your Name, 2) Date of birth, 3) Name of the physician who is referring you, 4) ***Your phone number***. You will be contacted with an initial consultation appointment.