

# INFORMATION ABOUT THE FATTY LIVER CLINIC

Welcome to the Mass General Hospital Fatty Liver Clinic. We are looking forward to meeting you and working with you to improve your health.

## YOUR CLINIC VISIT:

- During your clinic visit, you will meet with one or more members of our Liver Team.
- We will discuss your current and past medical history, family history and medication use. We will conduct a physical exam to evaluate for signs of liver disease.
- We will review with you your previous testing and the significance of these tests.
- We will discuss with you the evaluation for fatty liver disease, which can include blood tests, imaging studies, and for some patients, a liver biopsy. After assessment, our team will work with you to identify the best, individualized plan for you.

## OUR LIVER TEAM:

Kathleen Corey, MD, MPH, MMSC is the Director of the Massachusetts General Fatty Liver Clinic. Dr. Corey treats all forms of liver disease, but specializes in the diagnosis and management of non-alcoholic fatty liver disease (NAFLD), steatohepatitis (NASH) and cirrhosis.

Jessica Wisocky, FNP is a nurse practitioner in the Mass General Liver Clinic. Jessica has expertise in fatty liver disease and viral hepatitis. She has received funding from the American Association for the Study of Liver Disease (AASLD) and conducts research in metabolism and liver disease.

Amandeep Singh, MD, PhD is a senior fellow in gastroenterology with extensive experience in the care of patients with fatty liver disease and has a research focus in mechanisms of weight loss and endoscopic therapies for obesity.

Linda Rizzo is the patient service coordinator for the Fatty Liver Clinic and coordinates patient evaluations, follow-up visits, and testing.

Kicitta Brooks is the medical assistant for the Fatty Liver Clinic and assists in patient care and also performs FibroScans.

Yuri Choi, BA is the head research coordinator for the Fatty Liver Clinic and educates patients on research studies and coordinates clinical trials.

Tess Carley, BA is a research coordinator for the clinic and educates patients about research studies and clinical trials.



MASSACHUSETTS  
GENERAL HOSPITAL

## CONTACT US:

Our office is open Monday through Friday, 8am to 5pm. We are closed on national holidays.

## PHONE:

617.724.1685

## FAX:

617.724.5997

## PATIENT GATEWAY:

[www.massgeneral.org/patientgateway](http://www.massgeneral.org/patientgateway)

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## GETTING TO OUR CENTER:

- Validated patient parking is available at any MGH lot.
- Our clinic is located in the Blake Building on the 4th floor. Please check in on the left hand side of the front desk.

## DURING YOUR APPOINTMENT:

- Please inform your provider if you need to refill any medications.
- Fasting Laboratory Tests require that you do not eat or drink anything but water for at least 8 hours prior to your appointment.

## CANCELLATION POLICY:

- If you need to change or cancel your appointments, please call our office.
- Patients who miss 1 new patient appointment or 3 follow-up appointments, or cancel without sufficient notice will not be rescheduled.
- If you arrive late for an appointment, your provider may be unable to see you and you will need to reschedule to another date.

## PAYMENTS AND FEES:

- We will bill your insurance for your visits. You will be responsible for copayments & deductible determined by your insurance plan.
- The Fibroscan test may not be covered by your insurer. The cost of this test is \$200. If you are able to pay at the day of service there is a 25% discount.

## RESEARCH OPPORTUNITIES:

### The Study of Biomarkers in Non-Alcoholic Fatty Liver Disease

To better understand why and how non-alcoholic Fatty Liver Disease develops, patients with fatty liver can choose to donate blood to allow for the study of relevant genes, environmental and lifestyle factors. Participation entails up to four 10 mL blood samples. Reimbursement for parking is provided.

### The Impact of Weight Loss Surgery in Adolescents on Fatty Liver Disease

This study will evaluate the impact of weight loss surgery on fatty liver disease. Many adolescents have fatty liver at the time of surgery, and we wish to determine whether the surgery has an effect on liver health. Participants will come in for four study-related visits, coordinated with their standard-of-care visits, which include a pre- and post-op MRI and blood draws. Participants will receive \$100 and parking reimbursement.



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Mass General Hospital Liver Center | Blake Building 4th Floor | Boston, Massachusetts 02114 |

[http://www.massgeneral.org/gastroenterology/services/fatty\\_liver\\_clinic/](http://www.massgeneral.org/gastroenterology/services/fatty_liver_clinic/)

## Mass General Fatty Liver Clinic Frequently Asked Questions

### 1. What is non-alcoholic fatty liver disease (NAFLD)?

Non-alcoholic fatty liver disease occurs when too much fat is stored in liver cells. In some patients the fat causes the liver to be inflamed. Long-term inflammation of the liver can lead to scarring of the liver (also called liver fibrosis) and even liver cirrhosis (advanced scarring).

### 2. Are there different types of non-alcoholic fatty liver disease?

Yes, non-alcoholic fatty liver disease (NAFLD) includes both steatosis and non-alcoholic steatohepatitis (NASH).

- **Steatosis** occurs when fat is deposited in the liver but no inflammation or scarring (fibrosis) develops.
- **Steatohepatitis (NASH)** occurs when the fat deposited in the liver causes inflammation and, in some cases, scarring of the liver. NASH can progress to cirrhosis, liver failure, liver cancer and can even require a liver transplant so early diagnosis is very important. In most cases the only way to distinguish between steatosis and NASH is through liver biopsy.

### 3. What causes NAFLD?

The exact causes of NAFLD are unknown. However, we do know that being overweight, obese or having diabetes increases the risk of developing NAFLD (both steatosis and NASH). There are also genes that can increase your risk of developing NAFLD and we are working to study these genes. People who have family members with NAFLD have an increased risk of developing NAFLD themselves.

### 4. How is NAFLD disease diagnosed?

NAFLD is diagnosed with a combination of tests including blood tests, radiographic tests (ultrasound, CT scan or MRI) and for certain patients, liver biopsy. While ultrasounds, CT scans, MRIs and blood tests can tell us a lot about your liver the only fail safe way to know if you have NAFLD, NASH, liver scarring or cirrhosis is with a liver biopsy.

### 5. What is the Fibroscan?

Transient elastography (also called Fibroscan) is an ultrasound-like test which can safely predict the stage of liver scarring you may have and may be an alternative to liver biopsy in specific individuals. The Fibroscan is currently not covered by insurance and requires out of pocket payment.

### 6. How can NAFLD be treated?

NAFLD is treated with a combination of weight loss, exercise and medications (vitamin E, pioglitazone, metformin, etc). At the MGH Fatty Liver Clinic your clinicians and team will assess your condition and work with you to identify the best, individualized treatment plan for you.

### 7. Can NAFLD cause liver cirrhosis? Can I develop cirrhosis even if I don't drink alcohol?

Yes, cirrhosis develops in a proportion of patients with NAFLD. While patients with obesity or diabetes (high blood sugar) have the highest risk of developing cirrhosis, even patients without these risk factors can develop cirrhosis. Any patient whose liver is chronically irritated or inflamed (which can occur in fatty liver) can develop cirrhosis even if he or she never drinks alcohol.

Please write down any additional questions you have on the back of this form and bring them to your appointment. We will be happy to address all your questions and concerns!

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