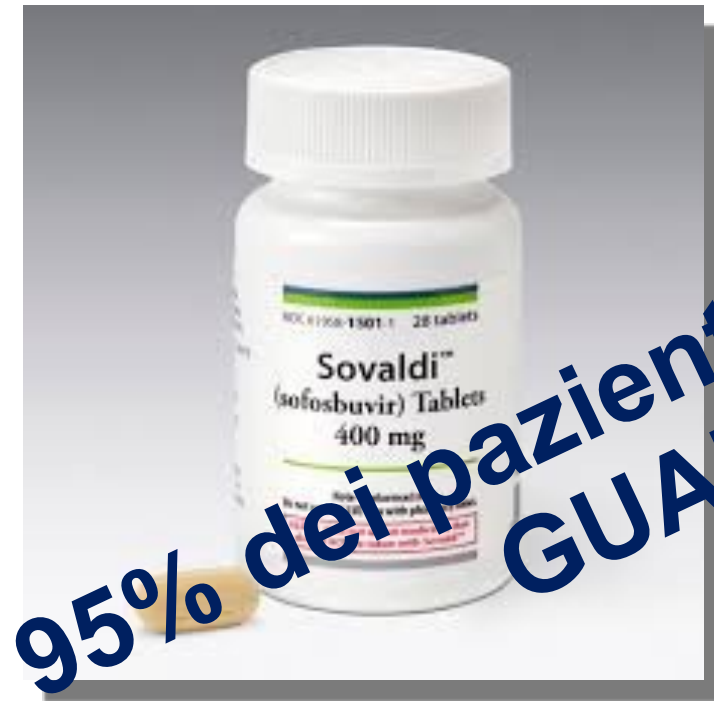


Il generation direct antiviral against HCV



**95% dei pazienti con epatite C
GUARISCE!!**



FATTY LIVER

find out what to do about it today!



99 MILLION
AMERICANS
HAVE NON-
ALCOHOLIC
FATTY LIVER
DISEASE!

healthylivinghub.com

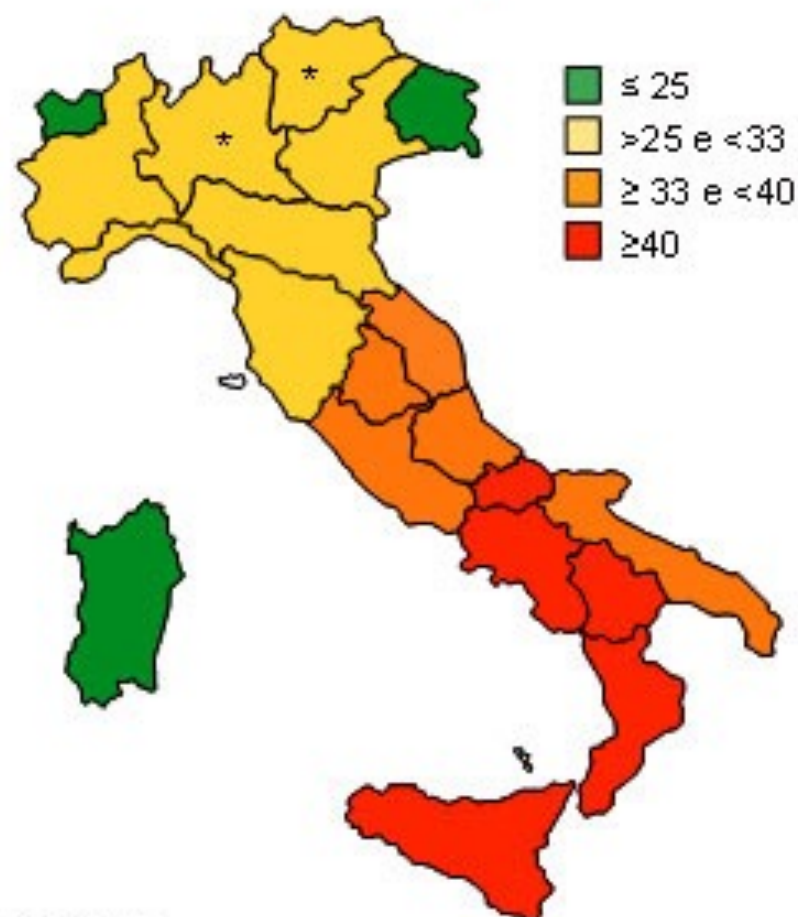
1 su 3 Americani ha il fegato grasso

**11-14 milioni
di Italiani
hanno il
fegato grasso**

1 su 5 Italiani ha il fegato grasso



Sovrappeso e obesità per regione, bambini di 8-9 anni della 3^a primaria. Italia, 2008

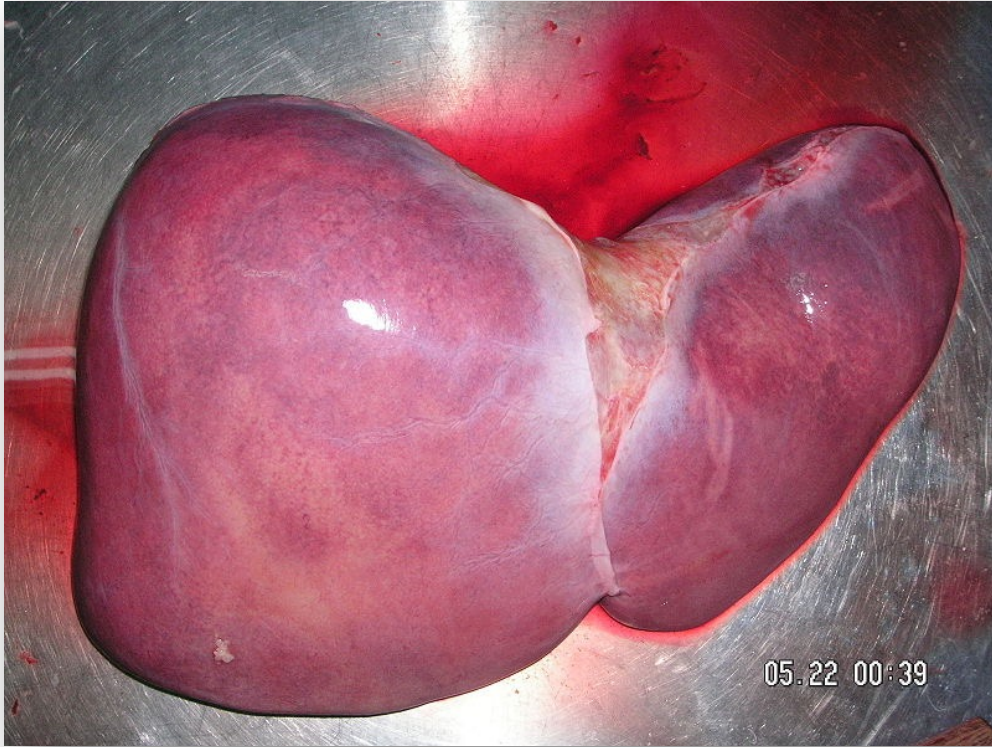


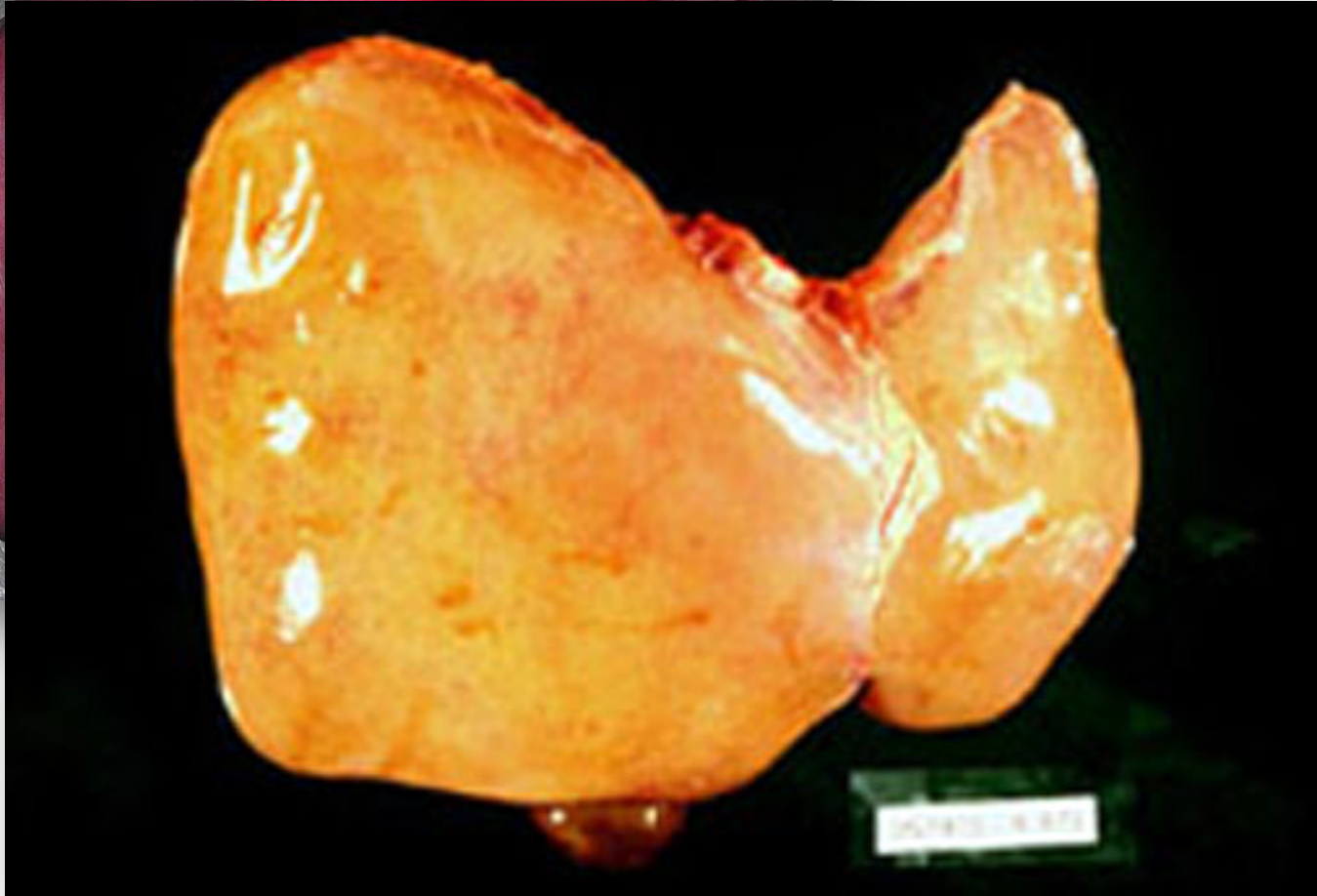
* Dati stimati

Cucina con Sara

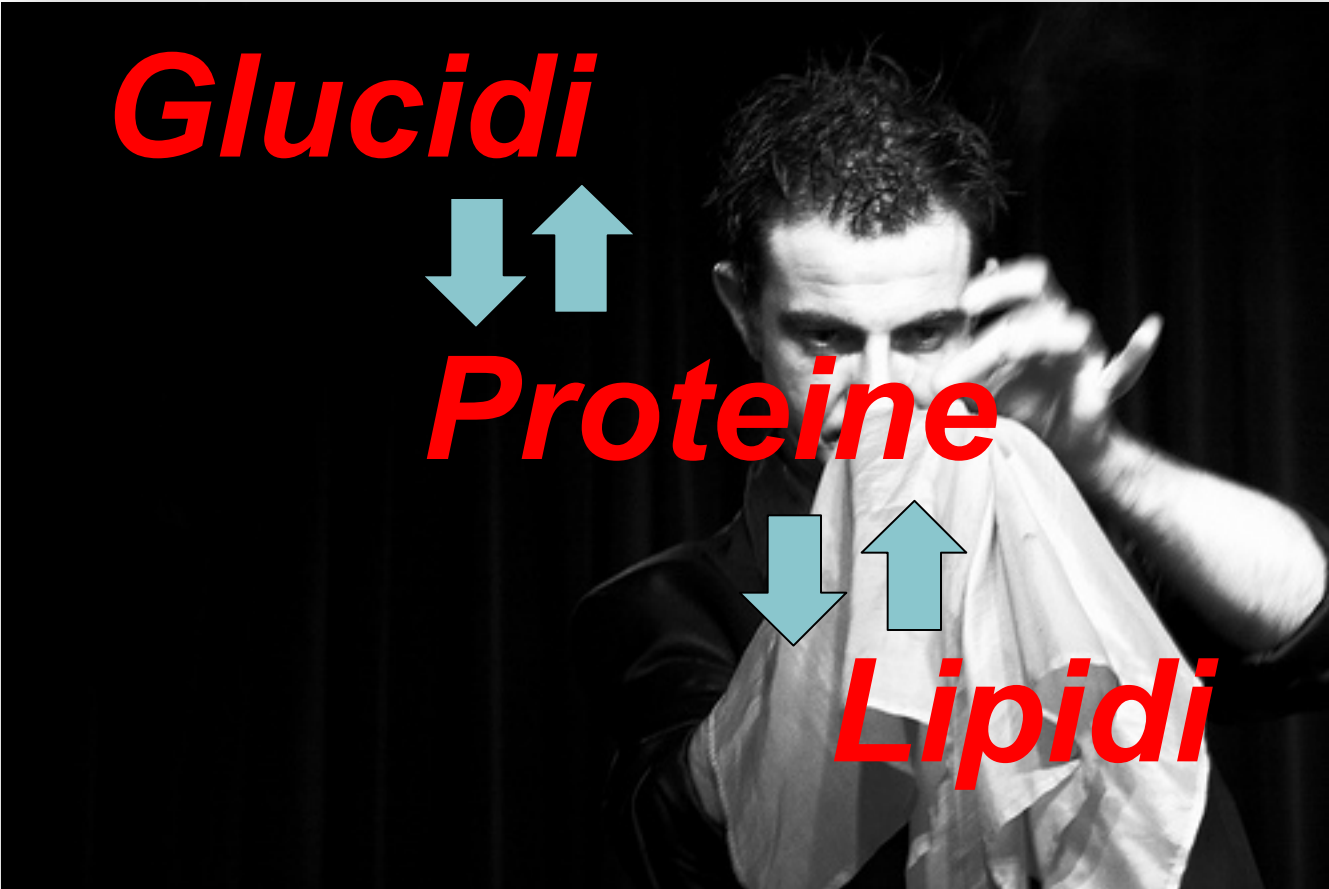




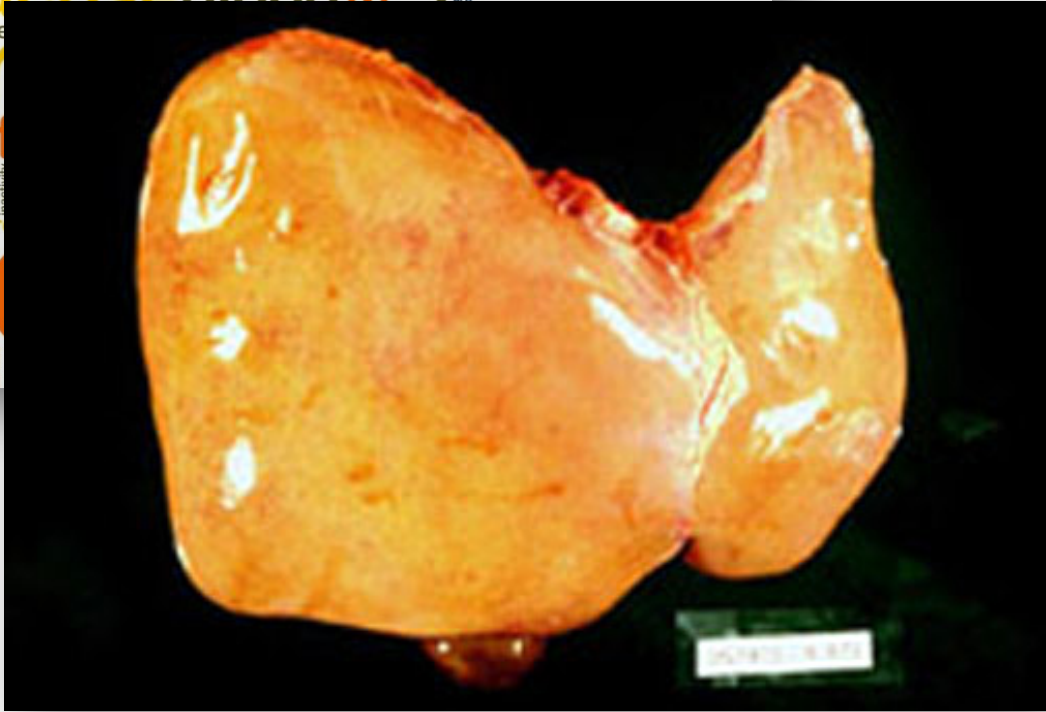










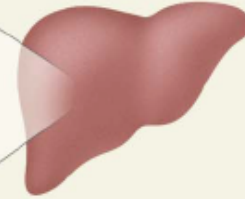
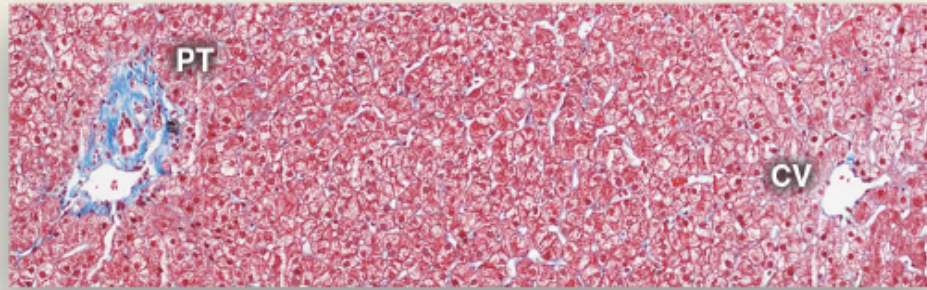


VARIABILI ASSOCIATE A FEGATO GRASSO

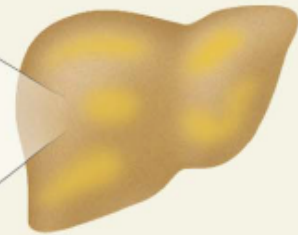
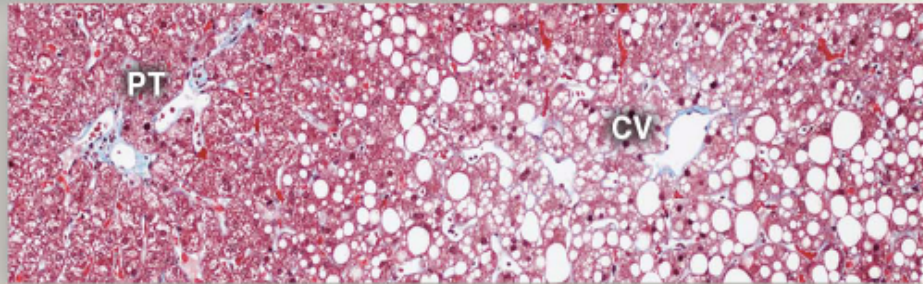
- **OBESITA'**
- **CIRCONFERENZA ADDOMINALE (>102 cm)**
- **AUMENTO PRESSIONE SISTOLICA**
- **IPERGLICEMIA**
- **IPERCOLESTEROLEMIA**
- **IPERTRIGLICERIDEMIA**
- **+/- AUMENTO ENZIMI EPATICI**



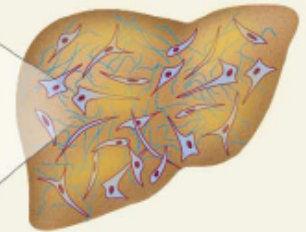
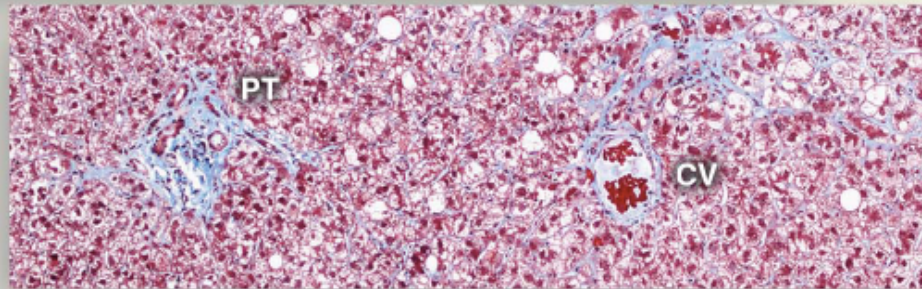
Normal



Steatosis

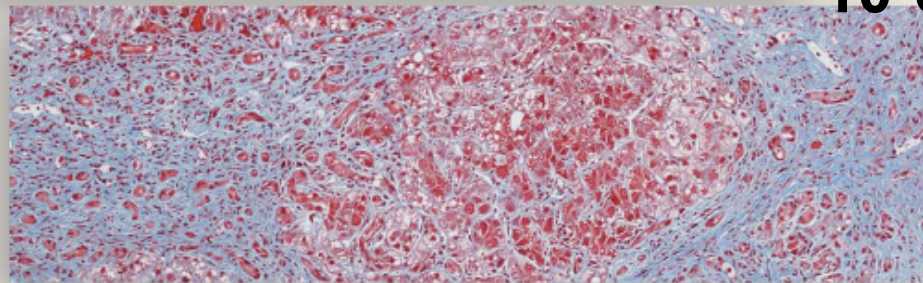


NASH



10-30%/10 yrs

Cirrhosis

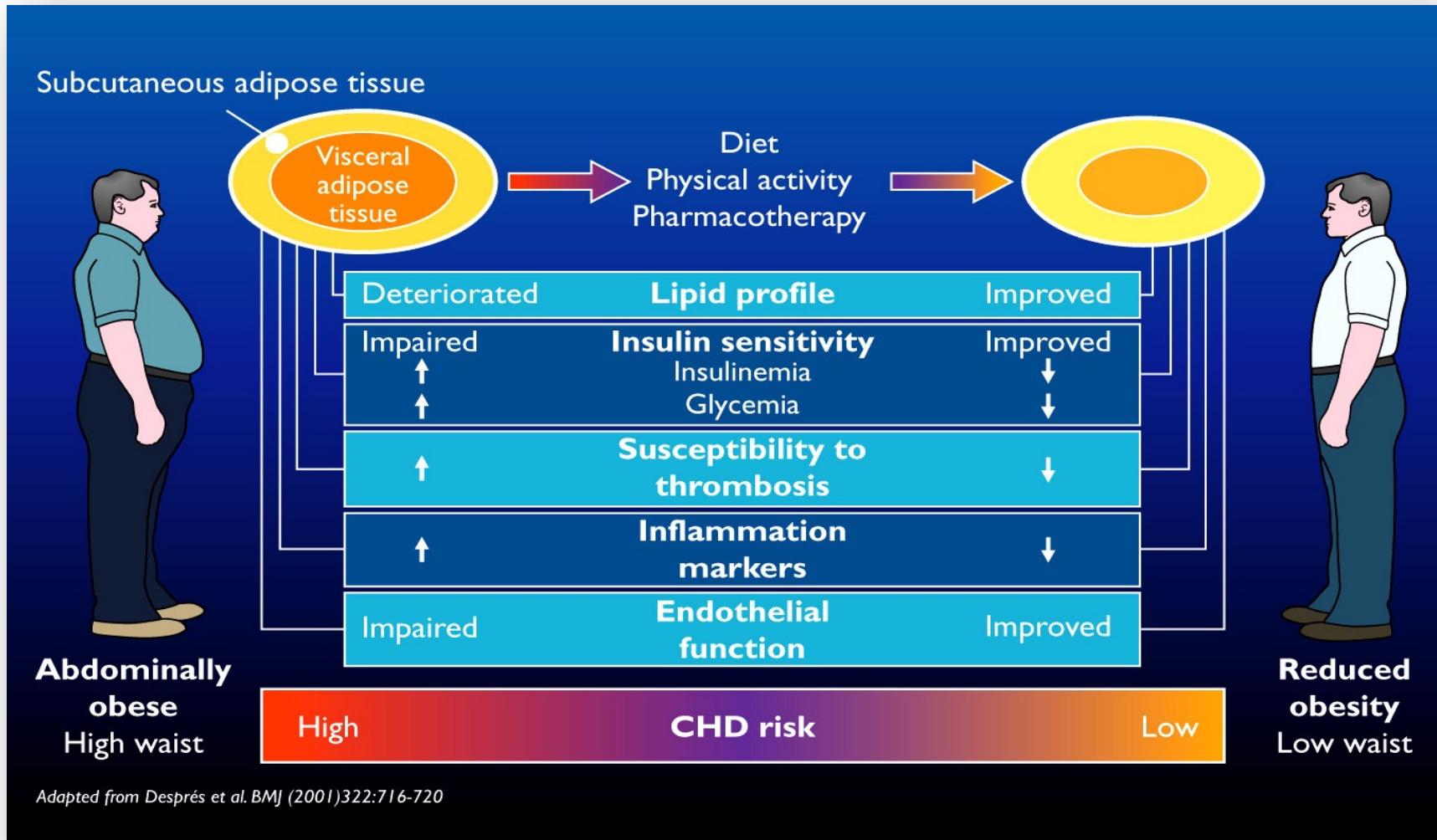


Come trattare la NAFLD



Effect of lifestyle intervention

~10% Weight loss = ~30% Visceral adipose tissue loss



Adapted from Després et al. *BMJ* (2001)322:716-720

CUT DOWN ON



- T.V. watching
- Video and computer games
- Sitting more than 30 minutes at a time

2-3 TIMES A WEEK

Leisure & Playtime



- Swinging
- Canoeing
- Tumbling
- Miniature golf

Strength & Flexibility



- Push-ups/pull-ups
- Martial arts
- Dancing
- Rope climbing

3-5 TIMES A WEEK

Aerobic Exercises (at least 20 minutes)



- Roller blading
- Biking
- Skateboarding
- Rope climbing
- Swimming
- Running



Recreational activities (at least 20 minutes)



- Volleyball
- Basketball
- Soccer
- Skiing
- Kickball
- Relay races

EVERYDAY

(as often as possible)



- Play outside
- Take the stairs instead of the elevator
- Help around the house or yard

- Bathe your pet
- Pick up your toys
- Walk to the store
- Go for a walk

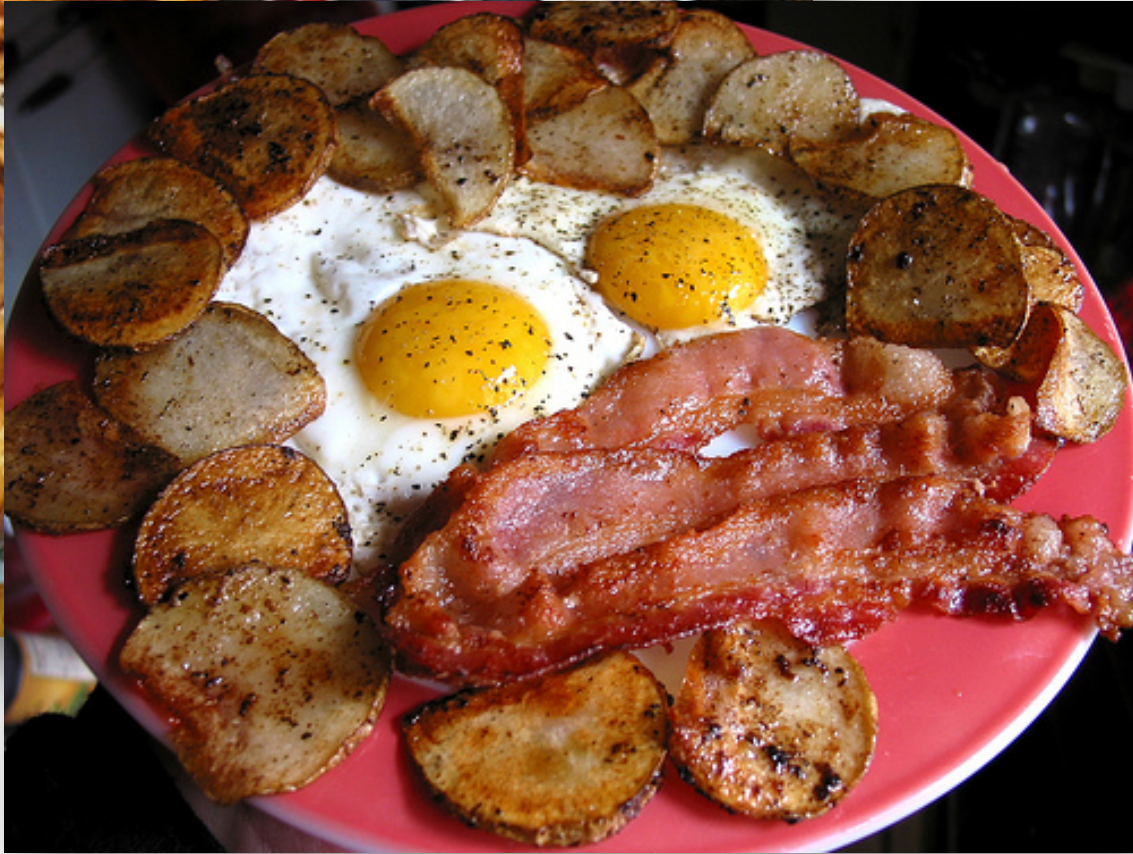
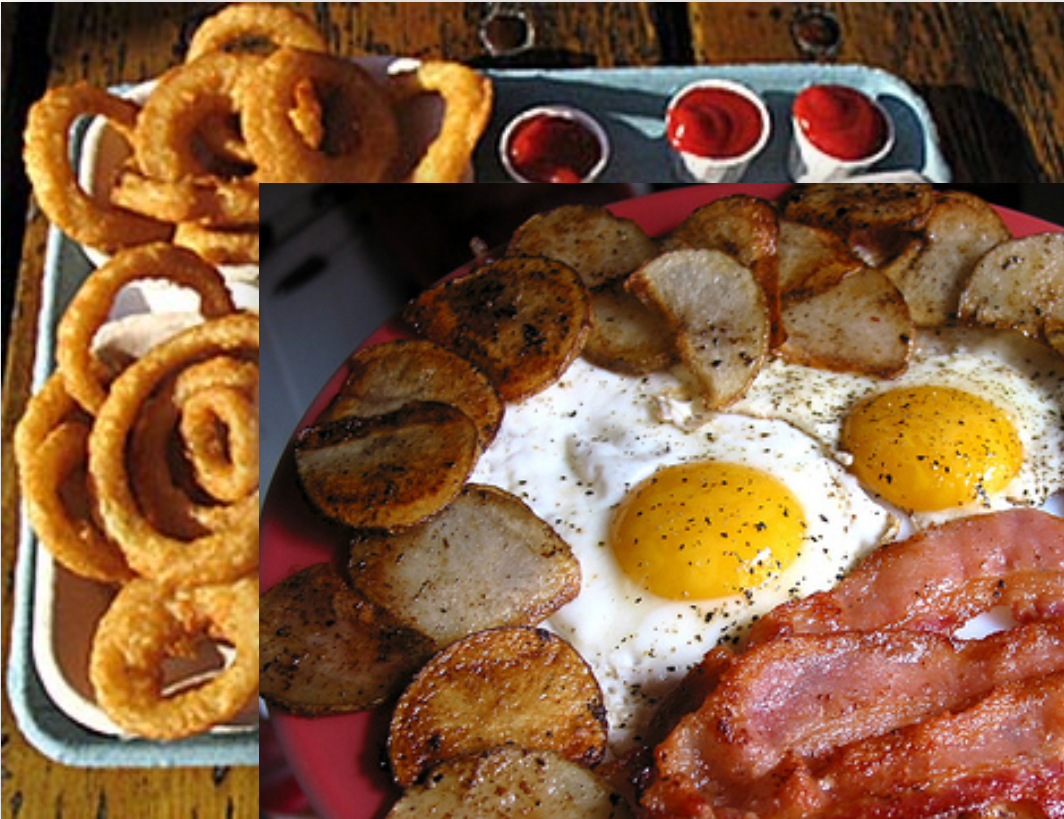














L'obesità infantile

“il problema fruttosio”



**MOLTO DOLCE O
MOLTO TOSSICO?**

**Quantità massima
giornaliera
consigliata < 25 gr.
=
1 kg. di fragole**

L'obesità infantile

“il problema fruttosio”



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MOLTO TOSSICO?**

**Quantità massima
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=
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INFORMAZIONI NUTRIZIONALI PER 100 ml	
VALORE ENERGETICO: 42 kcal, 180 kJ	GRASSE:
PROTEINE: 0 g	DI CUI SATURATE:
CARBOIDRATI: 10.6 g	FIBRE ALIMENTARI:
DI CUI ZUCCHERI: 10.6 g	SODIO:

Questa lattina di 330 ml contiene

Valore	Percentuale
kcal 139	7%
Zuccheri 35 g	39%
Grassi 0 g	0%
Acidi grassi saturi 0 g	0%
Sodio 0 g	0%



Dieta Mediterranea

Patrimonio dell'umanità



Immagine assemblata nel blog <http://calabriatipica80.altervista.org/>







