

Video	Audio
	Gisela Silva loves to cook for her husband, Juan, who admits he has a healthy appetite these days. But not too long ago, it wasn't that way.
Juan Silva Patient	"Oh man, I can eat more now ... before, I didn't want to eat anything because it would mess up my stomach and stuff because something wasn't working right."
	That led Juan to the doctor, who gave him a diagnosis he did not expect.
	"They told me that I had ... that if I knew I had liver cirrhosis. I said, 'No, nobody's ever told me that.'"
	Juan, who was born in Mexico, is one of an increasing number of people who are Hispanic and being diagnosed with nonalcoholic fatty liver disease, according to Dr. Blanca Lizaola-Mayo, Medical Director of Mayo Clinic's Liver Transplant Center.
Blanca Lizaola-Mayo, M.D. Liver Transplant Center Mayo Clinic	"There is actually a report of 48% of the U.S. population ... Hispanic population ... that has fatty liver disease, meaning that pretty much half of the Hispanics that live in the United States have metabolic syndrome, have fatty liver disease and many of them don't even know that they have it."
	Nonalcoholic fatty liver disease happens when there's a buildup of too much fat in the liver. This can lead to a more severe condition called nonalcoholic steatohepatitis, where the liver becomes inflamed. Risk factors include diabetes, obesity, sleep apnea, high cholesterol and high blood pressure. Dr. Lizaola-Mayo says people who are Hispanic are at higher risk, possibly due to genetics and/or diet. Nonalcoholic fatty liver disease is also on the rise among children.
	"We believe that this is related to the lack of exercise and physical activity because we're seeing more kids watching TV, playing video games, instead of being outside playing. And diet, the diet is super important."
	Juan ended up getting a liver transplant. Now he's feeling great. He and Gisela are sticking to a healthy diet, including lots of fruits and vegetables. Juan is grateful his disease was caught in time, and also for the donor who gave him the gift of life.
	"Well, I want to thank them. That's all I can do, you know? But I am thankful that people donate. I'm a donor, too. But it would be great for people to accept and to donate their organs, and I want to thank the family for doing it."
	(Track) For the Mayo Clinic News Network, I'm Marty Velasco Hames.

