

# Your journey with MASLD

## 1 Assessing your readiness to change

On a scale of 0 (not prepared at all) to 10 (already changing), where are you now in terms of your preparation to make a change in your lifestyle to lower the burden of your condition?



## 2 Your health and the infodemic



### What is the infodemic?

It is too much information, including misleading information, that can cause confusion and harm people's health

On the Internet and social media, false and misleading information tends to spread very quickly

There are many "Herbal and Dietary Supplements" that can cause liver damage  
Before consuming them, we recommend consulting with your hepatologist or nutritionist



### SEEING IS NOT ALWAYS BELIEVING!

**DO NOT** believe all the online information, as it is not always true!  
Check the reliability of your information source

#### DON'T

- Believe everything that you read on the Internet
- Follow accounts of self-claimed experts for health advice
- Buy products proclaimed as "miracle cures" for your condition
- Make decisions on your health based only on information you find online

#### DO

- Check that the information is derived from a reliable source such as a government website or scientific paper
- Follow accounts from established organizations (e.g., WHO, AHA, etc.)
- Consult with your doctor about information you find on the Internet

*STILL UNSURE WHETHER TO TRUST INFORMATION FROM AN ONLINE SOURCE?*  
Check the advice offered by the World Health Organization through this QR code

