

# Dear Dietitian

Dear Dietitian,

My husband has been diagnosed with non-alcoholic fatty liver disease. His doctor told him to lose weight, and he tried, but he got discouraged and went off his diet. I'm worried about his health, but what can I do?

Lauren

Dear Lauren,

One of the most challenging things in life is watching someone struggle with a health condition. It is perhaps more difficult than when we struggle ourselves. Of course, you worry about your husband's health, and you can offer love and support in many ways. If you cook, prepare tasty, healthy meals that fit his health plan. Encourage him to join a support group, which has been linked to increased success rates. These groups meet in person and online; you can find one near you at [liverfoundation.org](http://liverfoundation.org).

Non-alcoholic fatty liver disease (NAFLD) is a condition in which fat builds up in the liver. It is estimated that about 100 million Americans are living with this disorder (1). At one time, fatty liver occurred almost always due to excessive alcohol intake. With increased rates of obesity in today's society, the condition now occurs in non-alcoholics. If left untreated, it may lead to inflammation and damage to the liver, a condition known as non-alcoholic steatohepatitis (NASH). Since these conditions often have no symptoms, it is important to have an annual physical exam.

At that time, your doctor can order blood work to monitor liver enzyme levels.

Most people who have NAFLD or NASH live normal lives with stable disease. However, these conditions may lead to cirrhosis, increasing liver failure and cancer risks.

Risk factors for NAFLD include obesity, type 2 diabetes, insulin resistance, and metabolic syndrome. While most of us are familiar with obesity and diabetes, insulin resistance and metabolic syndrome are lesser-known conditions. Insulin resistance occurs when the pancreas secretes insulin, but it cannot reach the cells where it is needed. As a result, blood sugar levels rise. When blood sugar levels are high, fat cannot be broken down efficiently, leaving high levels of fatty acids in the bloodstream. These fatty acids make their way to the liver but cannot be metabolized effectively, so they accumulate.

Metabolic syndrome is a cluster of health conditions that increases the risk of cardiovascular disease (heart attack and stroke). To have this diagnosis, one must have three or more of the following conditions: high blood pressure (or taking medication for this condition), obesity, insulin resistance, low HDL (good cholesterol), or high triglycerides (or taking medicine for this condition).

There are no medications to treat fatty liver disease and NASH, but the conditions are treatable. The most

successful plan is weight loss and exercise. A 7-10% reduction in total body weight has been shown to improve outcomes (2). It is important not to lose weight too quickly, as this can worsen the situation. A Registered Dietitian Nutritionist (RDN) will guide you with a meal plan to produce a slow, consistent weight loss. Ask your healthcare provider for an RDN referral.


References

[NASH Definition and Prevalence \(n.d.\) Retrieved from https://liverfoundation.org](https://liverfoundation.org)

Chalasani N, Younossi Z, Lavine JE, et al. The diagnosis and management of non-alcoholic fatty liver disease: practice Guideline by the American Association for the Study of Liver Diseases, American College of Gastroenterology, and the American Gastroenterological Association. *Hepatology*. 2012;55(6):2005-2023.

Until next time, be healthy!

Dear Dietitian

 Leanne McCrate, RDN, LD, aka Dear Dietitian, is an award-winning dietitian based in Missouri. Her mission is to educate consumers on sound, scientifically-based nutrition. Do you have a nutrition question? Email her today at [deardi-tian411@gmail.com](mailto:deardi-tian411@gmail.com). Dear Dietitian does not endorse any products, health programs, or diet plans.



## ASK Dr. Angelia

### Gift of Life

The Gift of life is the Greatest Gift! You are a miracle. Yes, besides having the opportunity to live on planet earth and in the greatest country in the world is an amazing gift. The gift of your life been protected on numerous occasions and for this reason, there is a purpose yet unfulfilled because this Gift of Life has Meaning.

So YES, waking up this morning made me remember that Life is a Gift! Oh Lord, may we always remember that our lives are a gift! Every breath, our health, wealth, peace, family and friends, all the love in our lives... everything comes from God; everything we have is a gift! May we live with an attitude of gratitude! May we continue to live our lives trusting God, submitting to God, choosing joy, and choosing gratitude! Live in gratitude for this amazing gift saying, "Thank you,

Father" multiple times a day.

According to Anthon St. Maarten, Divine Living (2012), "You are heir to a heavenly fortune, the sole beneficiary of an infinite spiritual trust fund, a proverbial goldmine of sacred abundance beyond all common measure or human comprehension. But until you assert your rightful inheritance of this blessed gift, it will remain unclaimed and forever beyond your reach."

Jesus said, "A thief comes only to steal, kill and destroy. I have come that you might have life and have it abundantly" (John 10:10). People often talk about God doing "exceedingly abundantly, beyond all we can ask or think" (Ephesians 3:20).

The Gift of Life is much more than success and wealth. This Gift of Life doesn't

mean we can purchase as much as we want from Walmart. The Gift of Life is the realization - we are and have all we need. And when bad times come, life is filled with a peace beyond our understanding - because we are loved. This life is being good guardians of the gifts and giving back to God and people in accordance with our gifts.

Friends and Readers remember to invite this Word into your Heart, James 1:17, "Every good gift and every perfect gift is from above, coming down from the Father of lights with whom there is no variation or shadow due to change".

Finally, Love God and All People. Amen.

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## STORM SPOTTER'S CLASS

Thursday – March 23<sup>rd</sup> at 6 PM

Russell Co. Courthouse

Sponsored By:



Russell Co. Emergency Management



Storm Alert Center

Daniel Wilson – Instructor

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### NOTICE OF MASTER COMMISSIONER SALE

In order to comply with the orders of the Russell Circuit Court, the Master Commissioner of the Russell Circuit Court shall proceed to offer for sale to the highest and best bidder at public auction the below properties on **Friday, March 31, 2023, at the hour of 9:00 a.m., CT, Russell District Courtroom, Russell County Judicial Center, Jamestown, Kentucky.**

Said properties shall be sold to raise the amounts hereinafter set forth, together with interest and the costs of the action, and upon *(unless otherwise indicated)* the following terms and conditions:

- A) For the purchase price, the Purchaser(s) must pay in full by cash or good check on the date of sale or the Purchaser(s) may pay ten (10%) down on the day of sale and shall execute a good and sufficient purchase money bond, with approved surety thereon, equal to the balance of the purchase price payable to the Master Commissioner within thirty (30) days. Any such purchase money bond shall have the force and effect of a Judgment and shall be a lien upon the property sold as additional security for the payment of the balance of the purchase price. The Master Commissioner's bond shall bear interest at the rate the judgment bears from the date of sale until paid in full. **In the event the successful bidder is not paying the full amount of the purchase price on the date of sale, purchaser will be required to post bond and furnish an acceptable surety thereon.** In the event the successful bidder is the Plaintiff, then in lieu of the deposit the Plaintiff shall be allowed to bid on credit up to the Judgment amount.
- B) Purchaser shall be required to pay property taxes for current tax year and all taxes thereafter, for which the Purchaser(s) shall receive no credit against the purchase price.
- C) The property shall otherwise be sold free and clear of any right, title and interest of all parties to the action and of their liens and encumbrances thereon, excepting easements and restrictions of record in the Russell County Court Clerk's Office and such right of redemption as may exist in favor of the United States of America or the Defendant(s).

**The Master Commissioner Sale/Deed is not a warranty of good title.** Possession shall be given to the Purchaser(s) with the delivery of the Master Commissioner's Deed thereto. Purchaser(s) will assume and be responsible for all risks of loss to the premises upon acceptance of their bid by the Master Commissioner at the Master Commissioner's Sale.

**Bidder should examine the records of the Russell Circuit Clerk and the Russell County Clerk prior to the sale for further information.** Any statements made the day of the sale shall take precedence over advertised material. Bidder shall be prepared to comply promptly with these terms.

(Sale bonds will bear interest at the rate of Judgment entered in each separate action)

#### SALE NO. 1

Property address: 180 Virginia Avenue, Jamestown, KY 42629 Property ID: 034-90-05-017.00  
CITIZENS NATIONAL BANK v. ESTATE OF GENEVA SUE BRAVARD, by and through DEBBIE JONES, as Administratrix; MARK ALLEN BRAVARD, her spouse; UNKNOWN HEIRS OF GENEVA SUE BRAVARD; RUSSELL COUNTY, KENTUCKY; and CITY OF JAMESTOWN, KENTUCKY; and MIDLAND FUNDING, LLC; and, AUTOMOTIVE CREDIT CORPORATION; and, RUSSELL COUNTY HOSPITAL aka RUSSELL COUNTY KENTUCKY HOSPITAL DISTRICT HEALTH FACILITIES CORPORATION; and, DISCOVER BANK, a Delaware Banking Corporation Civil Action No. 22-CI-00167  
Amount to be raised: \$25,934.82

#### SALE NO. 2

Property address: 76W-47 (Lot 47 1.5 acres) Stillwater Property ID: 076-20-01-047.00  
CENTURION HOLDINGS, LLC v. BILLY D. EDWARDS; VALERIE N. EDWARDS; UNKNOWN SPOUSE OF BILLY D. EDWARDS; UNKNOWN HEIRS AND DEVEISEES OF BILLY D. EDWARDS AND THEIR UNKNOWN SPOUSES; UNKNOWN SPOUSE OF VALERIE N. EDWARDS; UNKNOWN HEIRS AND DEVEISEES OF VALERIE N. EDWARDS AND THEIR UNKNOWN SPOUSES; COMMONWEALTH OF KENTUCKY, COUNTY OF RUSSELL STILLWATER PROPERTY OWNERS ASSOCIATION, INC. Civil Action No. 22-CI-00192 Amount to be raised: \$4,389.33

#### SALE NO. 3

Property address: 76W-103 (Lot 103 .825 acres) Stillwater Property ID: 076-20-01-103.00  
RIPPLE BREWING COMPANY, LLC v. JOHN R. MCKEEHAN; UNKNOWN SPOUSE OF JOHN R. MCKEEHAN; UNKNOWN HEIRS AND DEVEISEES OF JOHN R. MCKEEHAN AND THEIR UNKNOWN SPOUSES; COMMONWEALTH OF KENTUCKY, COUNTY OF RUSSELL STILLWATER PROPERTY OWNERS ASSOCIATION, INC. Civil Action No. 22-CI-00152 Amount to be raised: \$4,062.68

2023  
IS YOUR  
YEAR!

34<sup>th</sup> Annual **ANGUS**  
**OPPORTUNITY SALE**  
at Buckner & Jeffries Angus Farm  
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**Selling: Cow/Calf Pairs • Bred Heifers • Show Heifer Prospects • Two-year old Service-Ag Bulls with genomic enhanced EDPs Commercial Bred Heifers**

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