Non-alcoholic Fatty Liver Disease Program

Northwestern Medicine Non-alcoholic Fatty Liver Disease (NAFLD) Program offers a customized hepatology and weight management plan, including weight loss strategies, individualized dietary plans, and exercise and behavior modification.

Our goal is to help you adapt and maintain a healthy lifestyle and improve your condition.

Your plan may also include medication, supplements and surgery to accommodate the full spectrum of liver disease.

**How often are my appointments?**
During your initial appointment, you will meet with a hepatologist, Mary Rinella, MD, or Lisa VanWagner, MD. You will attend monthly sessions with our dietitian, Erin McCarthy Utz, RD, and you will have the option to meet with Sarah Quinton, PsyD, Anjali Pandit, PhD, or Kathryn Tomasino, PhD.

**Where will I go to attend this program?**
You will go to the Northwestern Medicine Hepatology Clinic, Lavin Family Pavilion, 259 East Erie, 16th floor, Chicago.

Please call 312.695.4837 (69.LIVER) to make an appointment. Call 312.695.2300 to make your nutrition/dietitian appointment.
NAFLD Program Team

Mary E. Rinella, MD
Dr. Rinella is Professor in Medicine-Gastroenterology and Hepatology at Northwestern University Feinberg School of Medicine. She is board-certified in gastroenterology and transplant hepatology. Her areas of expertise include general hepatology, non-alcoholic fatty liver disease, non-alcoholic steatohepatitis, before and after liver surgery and autoimmune hepatitis.

Lisa VanWagner, MD, MSc
Dr. VanWagner is Assistant Professor in Medicine-Gastroenterology and Hepatology at Northwestern University Feinberg School of Medicine. She is board-certified in gastroenterology. Her areas of expertise include non-alcoholic fatty liver disease, cirrhosis, hepatitis and liver cancer.

Erin McCarthy Utz, RD, LDN
Erin is a registered dietitian at the Northwestern Medicine Center for Lifestyle Medicine. She is certified by the Academy of Nutrition and Dietetics in weight management for adults as well as a certified group fitness instructor and exercise specialist through the American Council on Exercise. Her areas of expertise include weight management, non-alcoholic fatty liver disease and bariatric surgery.

Sara Quinton, PsyD
Dr. Quinton is a clinical health psychologist on the faculty at Northwestern University. Dr. Quinton has experience working with a broad range of acute and chronic medical conditions as well as specialized training in the treatment of GI disorders. She utilizes evidence-based treatment approaches to help patients address and modify behaviors to improve functioning, coping and quality of life.