

# Patient case 3



Sergei Nikolaevich  
49 years old  
*Ischemic heart disease*

# Findings and diagnostic tests



## At the doctor's office

- Height 169 cm • Weight 77 kg
- Waist circumference 95 cm • Blood pressure 120/80 mmHg



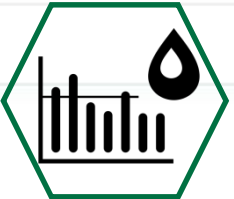
## Diagnosis

- Ischemic heart disease • Stable angina • Grade 1 obesity • NAFLD



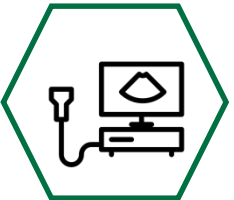
## Symptoms

- Tiredness • Bad mood • Fatigue



## Blood chemistry

- Alanine aminotransferase 120 U/L
- Aspartate aminotransferase 158 U/L



## Liver ultrasound

- Diffusely hyperechogenic • Liver parenchymal echotexture
- Increased vascularity

# Is cardiovascular disease an important consideration in patients with NAFLD?



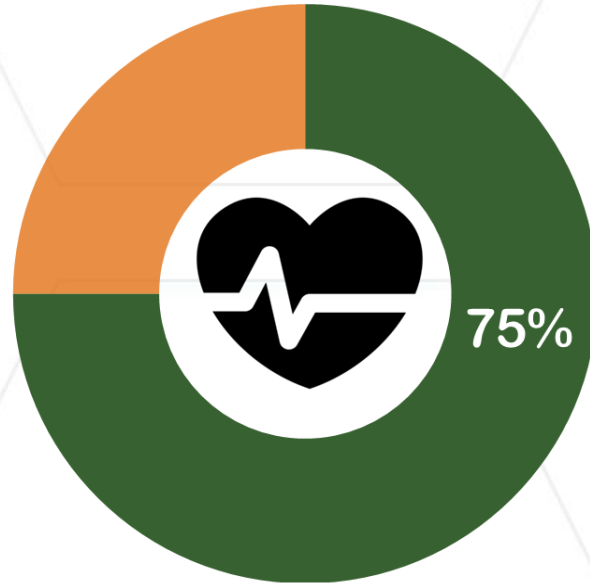
NO

NAFLD does not increase the risk of cardiovascular disease

YES

There is a proven risk effect of NAFLD on the development of cardiovascular disease

# Three-quarters of patients with ischemic heart disease have NAFLD<sup>1</sup>



**75%** of patients with  
ischaemic heart disease

# Cardiovascular disease is the leading cause of mortality in patients with NAFLD

## NAFLD & mortality: Top 3 causes<sup>1</sup>

**1. Cardiovascular disease**

**2. All-cause malignancy**

**3. Liver-related death**



## Risk of cerebrovascular accident related to NAFLD is doubled<sup>2</sup>

