

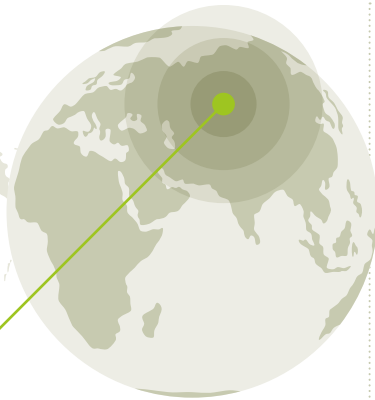
Diagnosis of Non-Alcoholic Fatty Liver Disease (NAFLD)

NAFLD is an umbrella term that describes the spectrum of fatty liver disease, from isolated steatosis to cirrhosis and liver cancer, with underlying cardiovascular disease risk. NAFLD is a major global problem.



The burden of NAFLD^{1,2}

37.3%
of adults in Russia
may have NAFLD



80.3%

Were diagnosed with **liver steatosis**



16.8%

Were diagnosed with **steatohepatitis**



2.9%

Were diagnosed with **cirrhosis**

NAFLD and mortality^{3,4}

x2

NAFLD can double the risk of **cardiovascular disease** and **cerebrovascular accident**

Liver-related death is one of the top causes of NAFLD-related mortality

Symptoms and diagnosis⁵⁻⁸

NAFLD is usually a **silent disease**. Patients with these symptoms should be assessed for NAFLD.

JAUNDICE

LOSS OF APPETITE

LOSS OF ENERGY

FATIGUE

Liver enzyme levels are generally **unhelpful for diagnosing NAFLD**.

80%
of patients with normal liver enzymes could be **diagnosed with ultrasound**



Healthy liver (normal echogenicity)



Steatotic LIVER (increased echogenicity)

Accumulation of fats in the liver causes steatosis, which shows as increased echogenicity on ultrasound

NAFLD, non-alcoholic liver disease. NASH, non-alcoholic steatohepatitis. Imaging of non alcoholic fatty liver disease: A road less travelled Indian J Endocrinol Metab. 2013 Nov-Dec;17(6):990-995. 1. Ivashkin et al, 2015. 2. Ivashkin et al, 2010. 3. The Nash Education Program. Non-alcoholic fatty liver disease (NAFLD) & non-alcoholic steatohepatitis (NASH). HYPERLINK <https://www.the-nash-education-program.com/wp-content/uploads/2018/08/NAFLD-NASH-Monograph-EN.pdf> (accessed 17 April 2019). 4. Hu et al, 2018. 5. <https://www.nhs.uk/conditions/cirrhosis/symptoms/>. 6. The Nash Education Program. NASH: an explanatory guide for patients and their families. <https://liverwellness.ie/wp-content/uploads/2018/06/NASH-explanatory-guide-EN.pdf> (accessed 17 April 2019). 7. Li et al, 2018. 8. Dyson et al, 2013.