



**PROFESSOR
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Friday, 4 June 2021

TOWARDS NAFLD TO MAFLD – IMPORTANCE OF STEATOSIS IN THE CURRENT PARADIGM SHIFT

Presentation key points

- The current terminology of 'NAFLD' does not adequately reflect the heterogeneity of patients with the disease, resulting in poor treatment responses and failed clinical trials
- The concept of 'metabolic-associated fatty liver disease' (MAFLD) presents a more accurate nomenclature for fatty liver disease and is diagnosed based on the detection of liver steatosis together with the presence of at least one of three criteria (overweight/obesity, type 2 diabetes, or evidence of metabolic dysregulation)
- Effective treatment of MAFLD involves lifestyle modifications that aim to reduce liver steatosis and liver injury by also targeting the metabolic sequelae and cardiovascular risks linked to the disease. The shift from NAFLD to MAFLD may improve patients' HRQoL
- The change from 'NAFLD' to 'MAFLD' offers greater diagnostic sensitivity, improved physician understanding and awareness of the disease, and improves the probability of success of innovative clinical trials

MAIN TAKEAWAY

The new terminology of 'MAFLD' offers a more comprehensive definition than NAFLD, improves physician understanding of the disease and encourages a multidisciplinary approach to patient treatment

HRQoL, health-related quality of life; MAFLD, metabolic-associated fatty liver disease; NAFLD, non-alcoholic fatty liver disease.