

Early screening of metabolic risk – The pharmacists' perspective

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NAFLD is a global public health problem¹



Affects 25% of general population¹



Increases risk of cirrhosis, HCC, liver failure, CVD, extrahepatic cancer²



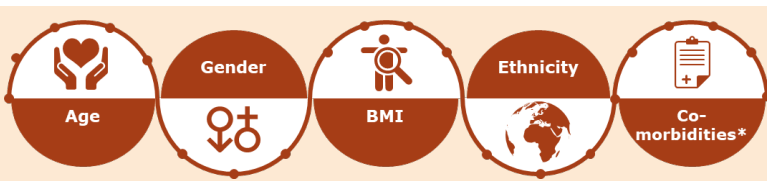
Associated with fatigue, anxiety, depression, cognitive impairment and loss of self-esteem – Impairs HRQoL³



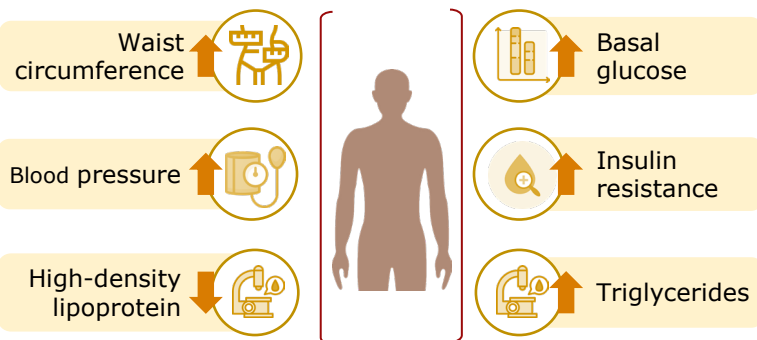
Increases health care cost¹

Pharmacists act as FIRST LINE in the screening and primary/secondary prophylaxis of NAFLD

NAFLD risk factors

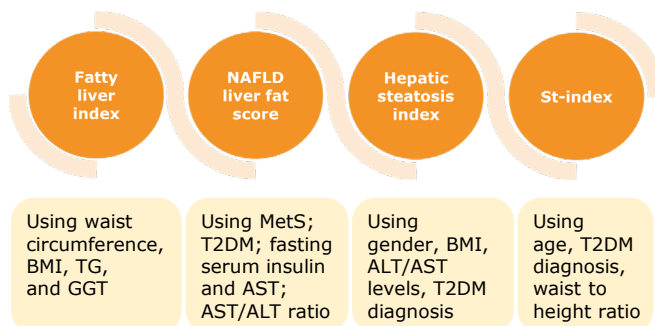


MetS associated with high risk NAFLD⁴

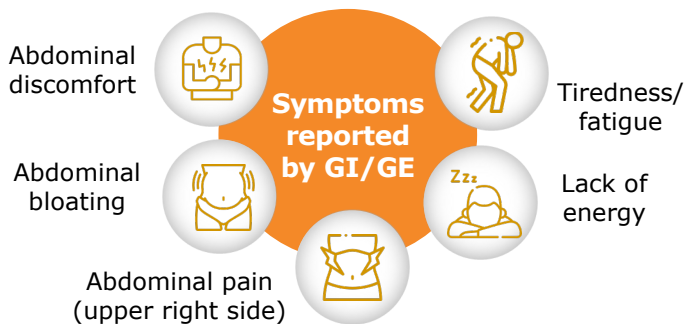


Pharmacists are able to screen for NAFLD

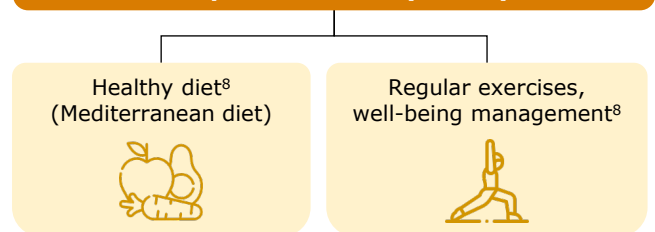
By using scoring system^{5,6}



By symptoms of NAFLD in patients⁷



Pharmacists provide healthy lifestyle advice



Pharmacists raise awareness and recommend hepatoprotective treatment

- National practice guidelines recommend hepatoprotectors, such as EPL, as supportive treatment for patients with NAFLD⁹
 - 1800 mg/day: 2 × 300 mg capsules, 3 times/day
 - 12–24 weeks of treatment

- NAFLD is a growing public health problem that requires attention from HCPs, including pharmacists.
- Pharmacists play an essential role in the prevention, screening and management of NAFLD and metabolic comorbidities.



- Pharmacists can engage in the delivery of care for patients with NAFLD or at high risk for NAFLD, by providing lifestyle advice and recommending hepatoprotective agents with proven clinical efficacy.

ALT, alanine aminotransferase; AST, aspartate aminotransferase; BMI, body mass index; CVD, cardiovascular disease; EPL, essential phospholipid; HCP, health care professional; MAFLD, metabolic-associated liver disease; NAFLD, non-alcoholic fatty liver disease; NASH, non-alcoholic steatohepatitis; NCP, non-calcified plaque; PDFF, proton density fat fraction; T2DM, Type-2 diabetes mellitus; TG, triglyceride

1. Lazarus JV, et al. Nat Rev Gastroenterol Hepatol 2022;19:60–78; 2. Pipitone RM, et al. Ther Adv Endocrinol Metab 2023;14:20420188221145549; 3. Golabi P, et al. Health Qual Life Outcomes 2016;14:18; 4. Yang KC, et al. Sci Rep 2016;6:2703; 5. Bedongji G, et al. BMC Gastroenterol 2006;6:33; 6. Kotronen A, et al. Gastroenterology 2009;137:865–72; 7. 1. Hartleb et al. Eur J Gastroenterol Hepatol. 2022;34:426–34; 8. Younossi ZM, et al. Gastroenterology 2021;160:912–918; 9. Fan JG, et al. J Dig Dis 2019;20:163–173