

# To what extent can HRQoL impact clinical outcomes in MAFLD?



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MAFLD is a more appropriate term vs NAFLD to describe liver disorders strongly related to dysmetabolic diseases<sup>1</sup>

MAFLD affects more than a third of the global population<sup>1,2</sup>

MAFLD is associated with increased morbidity and mortality<sup>1</sup>

## Importance of PROs in MAFLD

Non-specific symptoms can impact PROs, thereby increasing disease burden



Fatigue



Anxiety

**Non specific symptoms**



Abdominal discomfort



Hepatomegaly



Malaise

### MAFLD is not asymptomatic

**RWE using PROs (RESTORE)<sup>3</sup>**: GEs/GPs and patients with MAFLD report several non-specific symptoms (abdominal and tiredness-related symptoms being most common)

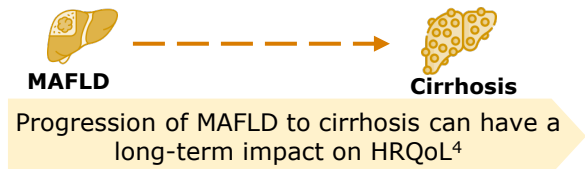


### PRO inclusion in trial protocols is essential

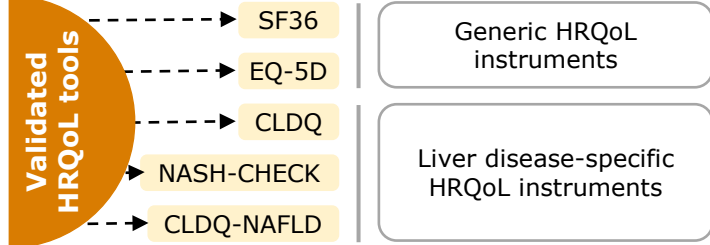
PROs could provide insights on symptoms to support patient-centered care

## Impact of MAFLD on HRQoL

- Overall poor HRQoL status
- Poor physical health related to fatigue
- Reduced functioning/daily activities



There are limited RWE data on association of MAFLD and HRQoL



## RWE indicating HRQoL impairment with MAFLD<sup>5</sup>

### Lowered CLDQ scores

Cirrhotic MAFLD vs non-cirrhotic MAFLD (overall p=0.001)



### Lowered EQ5D scores

Patients with MAFLD vs without MAFLD (p=0.013)

## Non-invasive testing in RWE data

**Steatosis detection** High scores for FLI and HSI indicate high risk of steatosis

**Fibrosis detection** Combined NFS and FIB-4 test provide more accuracy; F3-F4 severity indicates advanced fibrosis

**New diagnostic tool for advanced fibrosis: MetDis<sup>6</sup>** (reduced HDL-C and raised FPG)  
RWE study (TOWARDS1 registry): MetDis with FIB-4 (FIB-4-MetDis) demonstrated improved diagnostic performance vs FIB-4 alone, reducing the need for liver biopsy

- NAFLD/MAFLD is not an asymptomatic disease – as demonstrated by PROs
- Inclusion of PROs in clinical trials may provide insights on MAFLD diagnosis; validated tools (EQ5D and CLDQ) demonstrate the impact of MAFLD on HRQoL
- Outcomes using NITs in RWE may provide insights to improve MAFLD diagnosis and management

CLDQ, chronic liver disease questionnaire; FIB-4, fibrosis-4; FLI, fatty liver index; FPG, fasting plasma glucose; EQ5D, EuroQoL-5D; HIS, hepatic steatosis index; GE, gastroenterologist; GP, general practitioner; HRQoL, health related quality of life; PRO, patient-reported outcome; MAFLD, metabolic-associated liver disease; NAFLD, non-alcoholic fatty liver disease; NFS, NAFLD fibrosis score; NIT, non-invasive testing; RWE, real-world evidence

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