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High prevalence of advanced NAFLD in patients with DMT2**M Aerts, E Motté, L Debels, B Keymeulen and H Reynaert**
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Background: NAFLD is a multifactorial disease with an enormous increase in prevalence worldwide. It is known that patients with diabetes mellitus type 2 (DMT2) are at higher risk of developing NAFLD and are more likely to progress to more severe disease.

Methods: Patients with DMT2 presenting at the diabetes liver clinic were evaluated with abdominal ultrasound (US). If steatosis was present, they underwent a Fibroscan® or elastography (ARFI) and a blood test. Risk scores, (NAFLD fibrosis score and Antwerp NASH score) were calculated to estimate the presence of NASH and/or advanced fibrosis.

Results: 112 patients underwent US, of which 90 (55 male, 35 female) had steatosis (80%). Mean age was 57.2 yrs (range 40 - 78). All patients with steatosis on US underwent Fibroscan® (11) or elastography (75) or both (4). 22 patients (24%) had ≥F2 fibrosis (Fibroscan® > 7.2 kPa or elastography >1.32m/s). 7 patients (8%) had F4 fibrosis, (Fibroscan® >14.5 kPa, or ARFI>1.87). The NAFLD fibrosis score was calculated in 90 patients. In 19 patients (21%) the NAFLD fibrosis score was > 0.676, suggestive for ≥F3 fibrosis; only in 10 patients (11%) the score was < -1.455, excluding significant fibrosis. The remainder (68%) had an intermediate score. The Antwerp NASH score was calculated in 86 patients. In 31 patients (36%) the score was > 1.34, suggestive for NASH; in 9 patients (10.5%) this score was < -1.34, excluding NASH.

Conclusions: Our results confirm that NAFLD is very common in DMT2 patients. Moreover, many patients are at risk for developing NASH and/or advanced fibrosis. These patients should be followed-up closely to detect complications early. Awareness of this progressive disease among diabetologists and hepatologists is vital to identify patients who need close follow-up and hopefully specific treatment in the near future.

Biography

M Aerts is currently working at the University Hospital in Brussels, UZ-Brussel. She is a staff member of the Gastroenterology/Hepatology Department since 2012.

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