



Name of Journal: *World Journal of Gastroenterology*

Manuscript NO: 45715

Manuscript Type: REVIEW

Noninvasive evaluation of nonalcoholic fatty liver disease: Current evidence and practice

Zhou JH *et al.* Noninvasive evaluation for NAFLD

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Abstract

With the increasing number of individuals with diabetes and obesity, nonalcoholic fatty liver disease (NAFLD) is becoming increasingly prevalent, affecting one-quarter of adults worldwide. The spectrum of NAFLD ranges from simple steatosis or nonalcoholic fatty liver (NAFL) to nonalcoholic steatohepatitis (NASH). NAFLD, especially NASH, may progress to fibrosis, leading to cirrhosis and hepatocellular carcinoma. NAFLD can impose a severe economic burden, and patients with NAFLD-related terminal or deteriorative liver diseases have become one of the main groups receiving liver transplantation. The increasing prevalence of NAFLD and the severe outcomes of NASH make it necessary to use effective methods to identify NAFLD. Although recognized as the gold standard, biopsy is limited by its sampling bias, poor acceptability and severe complications, such as mortality,

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Noninvasive evaluation of NAFLD. - NCBI - NIH

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Given the high prevalence of NAFLD in the general population, these noninvasive methods could be used in clinical practice as first-line tools to screen patients with NAFLD to help determine those who may still require a liver biopsy.

缺少字词: evidence

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