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Racial differences in prevalence and severity of non-alcoholic fatty liver disease.

Racial differences in NAFLD

Abstract

The aim of this review is to assess the evidence about racial differences in the prevalence and severity of nonalcoholic fatty liver disease (NAFLD). We reviewed the published literature that reported prevalence, severity, genetic associations and severity of liver disease in different ethnic groups.

The Metabolic syndrome (MetS) has been associated with NAFLD, but each component of the MetS is present in various races in different percentages and their effect on NAFLD appears to be dissimilar. An elevated triglyceride (TG) level seems to have the

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Author: Nicole E. Rich, Stefany Oji, Arjmand R. Muft...

Publish Year: 2017

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The racial differences were **not fully explained by lifestyle, adiposity, and metabolic factors**. More works is needed to identify potential contributors. Nonalcoholic fatty liver disease (NAFLD) is characterized by excessive accumulation of triglycerides in the liver in the absence of excessive alcohol consumption.

Author: Andrea L. C. Schneider, Mariana Lazo, Elizabeth Selvin, Jeanne M. Clark, Jeanne M. Clark

Cited by: 111

Publish Year: 2014

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Jun 03, 2020 · **NAFLD** was defined using ultrasound and with elevated aminotransferases. Results: Age-adjusted **prevalence** of **NAFLD** was highest in Mexican-Americans (21.2%), followed by non-Hispanic whites (12.5%), and was lowest in non-Hispanic blacks (11.6%).

Cited by: 111

Author: Andrea L. C. Schneider, Mariana Lazo, Eliza...

Publish Year: 2014

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<https://www.sciencedirect.com/science/article/pii/S1542356517311837>

Feb 01, 2018 · In a systematic review and meta-analysis, we found significant **racial and ethnic disparities in NAFLD prevalence and severity** in the United States, with the highest burden in Hispanics and lowest burden in Blacks. However, data are discordant on **racial or ethnic differences** in outcomes of patients with **NAFLD**.

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Author: Nicole E. Rich, Stefany Oji, Arjmand R. Muft...


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Non-Alcoholic Fatty Liver Disease

Medical Condition

A condition in which fat accumulates in the liver in people who drink little or no alcohol.

 Very common (More than 3 million cases per year in US)

 Requires lab test or imaging

 Treatments can help manage condition, no known cure

 Can last several years or be lifelong

The cause of non-alcoholic fatty liver disease is not clearly understood. It is associated with obesity, insulin resistance, hyperglycemia, and high levels of fat in blood. The condition does not usually cause symptoms. In some cases, fatigue, enlarged liver, and pain in the upper right abdomen is seen. Non-alcoholic fatty liver disease has no specific treatment. It involves treating underlying conditions such as obesity.

Symptoms

It is usually asymptomatic. Symptoms may include:

- Fatigue
- Enlarged liver
- Pain the upper right abdomen
- Ascites (swelling in the belly)
- Jaundice
- Enlarged spleen

If it progresses to cirrhosis, the following symptoms are seen:

- Enlarged breasts in men
- Red palms
- Internal bleeding
- Fluid retention

Treatments

Non-alcoholic fatty liver disease has no specific treatment. It involves treating underlying conditions such as obesity.