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Name of Journal: *World Journal of Gastroenterology*

Manuscript NO: 59280

Manuscript Type: ORIGINAL ARTICLE

Observational Study

Estimation of visceral fat is useful for the diagnosis of significant fibrosis in patients with non-alcoholic fatty liver disease

Hernández-Conde M *et al.* Visceral fat for diagnosis of significant fibrosis

Marta Hernández-Conde, Elba Llop, Carlos Fernández Carrillo, Beatriz Tormo, Javier Abad, Luis Rodriguez, Christie Perelló, Marta López Gomez, José Luis Martínez-Porras, Natalia Fernández Puga, Maria Trapero-Marugan, Enrique Fraga, Carlos Ferre Aracil, José Luis Calleja Panero

Abstract

BACKGROUND



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<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4162644>

Introduction. **Non-alcoholic fatty liver disease** (NAFLD) is pathologically defined as accumulation of **fat**, mainly triglycerides, in hepatocytes, with no evidence of **significant** alcohol consumption or other secondary causes. This includes the entire spectrum of **fatty liver** conditions, ranging from simple hepatic steatosis through steatohepatitis to cirrhosis.

Cited by: 26

Author: Yong Ho Lee, Heejung Bang, Young Min ...

Publish Year: 2014

[Clinical assessment for high-risk patients with non ...](https://onlinelibrary.wiley.com/doi/full/10.1111/apt.15830)

<https://onlinelibrary.wiley.com/doi/full/10.1111/apt.15830>

Jun 29, 2020 · Typically, **patients** with NASH and advanced hepatic **fibrosis** are those at **significant** risk for liver-related complications (end-stage **liver disease**, hepatocellular carcinoma [HCC] and **liver** transplantation). 18-20 Indeed, numerous studies have shown that the stage of **liver fibrosis** is the most important determinant of patient outcomes and ...

Cited by: 2

Author: Zobair M. Younossi, Kathleen E. Corey, N...

Publish Year: 2020

[Imaging biomarkers for steatohepatitis and fibrosis ...](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4981860)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4981860>

Untreated and histologically-confirmed NAFLD patients were recruited as part of the FLIP (Fatty Liver: Inhibition of Progression; www.flip-fp7.eu) project. Patients enrolled in the study were classified according to sex, age, **fibrosis** stage and presence/absence of steatohepatitis (Table 1).

Cited by: 17

Author: Rocío Gallego-Durán, Rocío Gallego-Durá...

Publish Year: 2016

[Usefulness of ultrasonographic estimation of preperitoneal ...](https://www.researchgate.net/publication/273352364...)

<https://www.researchgate.net/publication/273352364...>

Japanese males with **visceral fat** type MS are more likely to have dyslipidemia, **fatty liver**, and **liver** dysfunction than those with subcutaneous **fat** type MS. **Visceral fat** type MS is one of the most ...

[Current Modalities of Fibrosis Assessment in Non-alcoholic ...](http://www.xiahepublishing.com/ArticleFullText.aspx?sid=2...)

www.xiahepublishing.com/ArticleFullText.aspx?sid=2... ▾

Non-alcoholic fatty liver disease (NAFLD) is a burgeoning global health concern. In the subset of

Non-alcoholic fatty liver disease: causes, diagnosis ...
<https://www.sciencedirect.com/science/article/pii/S2213858718301542>

Apr 01, 2019 - Because the stage of **fibrosis** is considered to be the most important determinant of mortality from **liver disease** and cardiovascular **disease in patients** with NAFLD,12, 13 much interest surrounds the establishment of reliable, non-invasive tests **for the diagnosis** of the stage of **fibrosis**. In this respect, clinical parameters such as age, BMI, platelet **count**, **liver** transaminase concentrations, or ...

Cited by: 164 **Author:** Norbert Stefan, Hans-Ulrich Häring, Kennet...

Publish Year: 2019

Imaging biomarkers for steatohepatitis and fibrosis ...
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4981860>

Non-alcoholic fatty liver disease (NAFLD) is commonly diagnosed when evidence of steatosis, obtained either by imaging or histology, is found in the absence of **significant** alcohol consumption, viral infection, and autoimmune or drug-related **liver** injury 1.About a third of the overall population currently suffer from any stage of NAFLD 2.NAFLD is a clinico-pathological entity that ranges from ...

Cited by: 17 **Author:** Rocío Gallego-Durán, Rocío Gallego-Durán, ...

Publish Year: 2016

Advances in the treatment of nonalcoholic fatty liver disease
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3475281>

Introduction. **Nonalcoholic fatty liver disease** (NAFLD) is a common condition characterized by the accumulation of **fat**, mainly triglyceride (TG), within the **liver** [Angulo, 2002].It is histologically identical to alcohol-induced **liver** injury, but occurs in individuals who do not consume alcohol in excess.

Cited by: 11 **Author:** Sanjeev R. Mehta

Publish Year: 2010

PEOPLE ALSO ASK

- How does NAFLD affect the liver?
- What is a NAFLD liver biopsy?
- What is non alcoholic fatty liver disease?
- What does NAFLD mean?

Feedback

Visceral adiposity index is associated with significant ...
<https://onlinelibrary.wiley.com/doi/full/10.1111/j.1365-2036.2011.04929.x>

Nov 24, 2011 - Introduction. **Non-alcoholic fatty liver disease** (NAFLD), the hepatic manifestation of insulin resistance (IR), is a leading cause of chronic **liver disease** worldwide. 1, 2 A relevant proportion of NAFLD **patients**, particularly those **with non-alcoholic** steatohepatitis (NASH), may progress to cirrhosis and its complications, 1, 3 with **liver** necroinflammation 4, 5 and IR 5, 6 the strongest ...

Cited by: 96 **Author:** S. Petta, M. C. Amato, V. Di Marco, C. Cam...

Publish Year: 2012

A look to the future in non-alcoholic fatty liver disease ...
<https://dom-pubs.onlinelibrary.wiley.com/doi/10.1111/dom.14196>

Sep 18, 2020 - 1 INTRODUCTION. Non-alcohol related **fatty liver disease** (NAFLD) is a global health concern. The prevalence of NAFLD is increasing, affecting 25% of people globally, 1, 2 with a higher incidence in those with obesity and/or diabetes. 3 NAFLD is associated with a substantial health economic impact, representing a financial burden of more than \$100 bn annually in the United States ...

Author: Rebecca K Vincent, David M Williams, ... **Publish Year:** 2020

Diagnosis and management of non-alcoholic fatty liver disease
<https://pmj.bmj.com/content/95/1124/314>

Non-alcoholic fatty liver disease (NAFLD) is the most common chronic **liver disease** in Western industrialised countries. The prevalence of NAFLD is increasing in parallel with the global rise in obesity and type 2 diabetes mellitus. NAFLD represents a spectrum of **liver disease** severity. NAFLD begins with accumulation of triacylglycerols in the **liver** (steatosis), and is defined by hepatic **fatty** ...

Diagnosis and Evaluation of Nonalcoholic Fatty Liver Disease
<https://www.hindawi.com/journals/jdr/2012/145754>

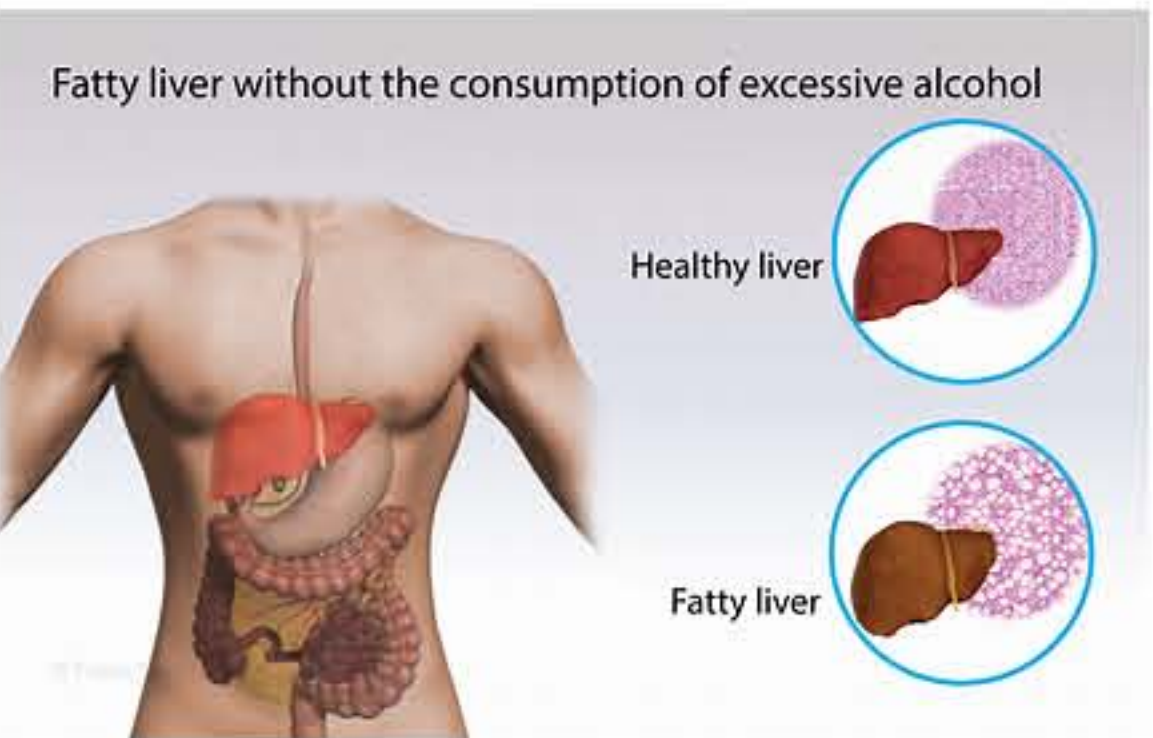
Abstract	Introduction	Diagnosis and Evaluation of NA...	Conclusion
Nonalcoholic fatty liver disease (NAFLD) is the most common cause of elevated liver function tests results, after the commonly investigated causes have been excluded, and frequently coexists with type 2 diabetes mellitus (T2DM) because the conditions have common risk factors. As both T2DM and NAFLD are related to adverse outcomes of the other, diagnosis and valuation of fatty liver is an important part of the management of diabetes. Although noninvasive methods, such as biomarkers, panel markers, and i...			

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Non-alcoholic fatty liver disease: a practical approach to ...
<https://fg.bmj.com/content/5/3/211>

Non-alcoholic fatty liver disease (NAFLD) is now the commonest cause of abnormal **liver** function tests (LFTs) in the UK with approximately a third of the population being affected. The exact prevalence is not known, but population studies from the USA and China using magnetic resonance spectroscopy estimate that approximately 30% of the general population have steatosis.

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

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. Treat the underlying conditions and make lifestyle changes.

Medication

- Insulin sensitizers: Controls blood sugar (given to patients of Type 2 diabetes).
Metformin
- Supplements: Improves liver histology in nondiabetic adults.
Vitamin E
- Statins: Lipid-lowering drugs to treat abnormal blood lipids.
Atorvastatin

Self care: Adopting a healthy lifestyle is the main way to manage NAFLD.

- Weight loss: Losing more than 10% of your weight can remove fat from the liver and improve the condition.
- Physical exercise: Exercise for at least 30 minutes every day. It improves symptoms even if you don't lose weight.
- Have a balanced diet including plenty of fruits and vegetables.
- Controlling diabetes and cholesterol levels.
- Avoid alcohol.

Medical procedures: Liver transplantation

Causes

The cause of non- alcoholic fatty liver disease is not clearly understood. It is associated with:

- Obesity
- Insulin resistance
- Hyperglycemia
- High levels of fat in blood

Risk factors include hypothyroidism, hypopituitarism, and polycystic ovary syndrome.

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Non-alcoholic fatty liver disease: causes, diagnosis ...

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Publish Year: 2010

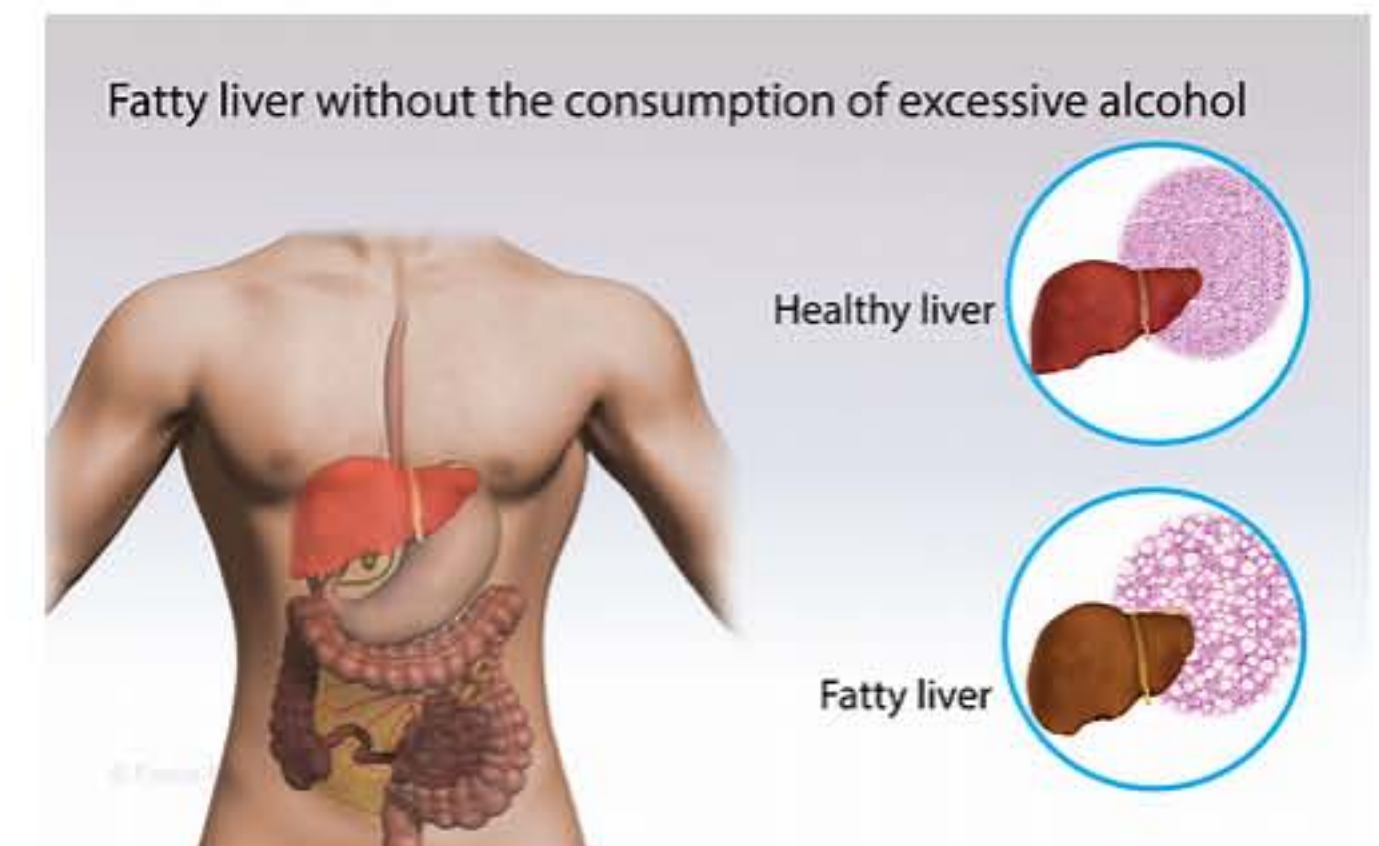
PEOPLE ALSO ASK

What is nafld in liver? ▾

How is NAFLD diagnosed? ▾

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