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Summary

FROM HEPATIC STEATOSIS TO METABOLIC DYSFUNCTION–ASSOCIATED STEATOTIC LIVER DISEASE (MASLD): A HOSPITAL COHORT OF 450 PATIENTS

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A prospective hospital study of 450 patients found a 24.88% prevalence of hepatic steatosis, with older age, diabetes, and obesity significantly associated with steatosis and with elevated fibrosis risk (FIB4 > 1.3).

KEY POINTS

- Among 450 patients consulting for gastroenterological or proctological complaints, 24.88% had hepatic steatosis on ultrasound, and 29.34% of those with steatosis had FIB4 index greater than 1.3.
- Older age ($p = 0.005$), obesity ($p = 0.02$), and diabetes ($p < 0.001$) were significantly associated with the presence of steatosis.
- All patients with steatosis were overweight or obese (mean BMI 29.01 kg/m^2), 37.5% were diabetic (88.09% type 2), and 20.5% were hypertensive.
- Diabetes and obesity were significantly more prevalent in the FIB4 > 1.3 subgroup ($p < 0.001$ and $p = 0.02$ respectively), indicating higher fibrosis risk in these populations.
- The authors conclude that systematic screening for fibrosis and specialized follow-up are important in patients with advanced age, diabetes, and obesity.

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