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Summary

LONG TERM FOLLOW-UP OF CHRONIC LIVER DISEASE IN WILSON PATIENTS: THE ROLE OF NON INVASIVE TESTS

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A prospective study of 38 Wilson's disease patients found that liver stiffness measurement by transient elastography remained stable over 5 years in most patients with good treatment adherence, while FIB-4 score showed correlation with elastography-based fibrosis staging.

KEY POINTS

- Among 38 Wilson's disease patients followed from 2010-2022, liver stiffness measurement by transient elastography and FIB-4 scores were concordant at baseline in most cases, with 24 of 29 patients with low liver stiffness having FIB-4 values excluding advanced fibrosis and 7 of 9 patients with high liver stiffness having FIB-4 values suggesting advanced fibrosis
- In 19 patients with at least 5 years of elastographic follow-up, 79% showed stable liver stiffness values without disease progression, while 21% showed progressive increase in liver stiffness associated with poor treatment compliance, alcohol consumption, or comorbidities such as hereditary thrombophilia with portal thrombosis
- The authors conclude that FIB-4 score could represent a valid support to liver stiffness measurement in fibrosis staging of Wilson's disease patients, though these preliminary results require validation in larger cohorts
- This material is most relevant for hepatologists managing Wilson's disease patients and clinicians interested in non-invasive fibrosis assessment methods

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