

METABOLIC-DYSFUNCTION ASSOCIATED STEATOTIC LIVER DISEASE IN INFLAMMATORY BOWEL DISEASE: PREVALENCE AND PROGRESSION

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Poster

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In a prospective 4-year follow-up study of 230 IBD patients, 25% had metabolic dysfunction-associated steatotic liver disease at baseline, with obesity emerging as the main predictor of both prevalence and progression while biologics use was associated with steatosis regression.

KEY POINTS

- Among 116 IBD patients with complete follow-up, 18% without baseline steatosis developed it over 4 years, while 44% with baseline steatosis showed regression.
- Obesity was significantly associated with MASLD prevalence at baseline ($p=0.040$) and follow-up ($p<0.001$) and predicted steatosis progression ($p<0.001$).
- No significant associations were found between MASLD and sex, PNPLA3 polymorphism, disease characteristics, or biologics use for prevalence or progression.
- Biologics use was significantly associated with steatosis regression ($p=0.038$).
- The authors conclude that active surveillance and targeted lifestyle interventions are particularly relevant for obese IBD patients, with further studies needed in larger populations.

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