

ASSOCIATION BETWEEN METABOLIC DYSFUNCTION-ASSOCIATED STEATOTIC LIVER DISEASE (MASLD), INCLUDING LEAN MASLD, AND COLORECTAL ADENOMA: A CROSS-SECTIONAL STUDY

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Poster

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A cross-sectional study of 5,616 Taiwanese adults found that metabolic dysfunction-associated steatotic liver disease is independently associated with colorectal adenomas, including those with high-risk features requiring three-year surveillance.

KEY POINTS

- MASLD patients had higher prevalence of colorectal adenomas compared to those with normal liver (23.9% vs. 15.7%, $p < 0.001$) and higher prevalence of adenomas with high-risk features (5.1% vs. 3.0%, $p < 0.001$).
- After adjusting for age, sex, smoking, and physical activity, MASLD was independently associated with colorectal adenomas (aOR 1.324, 95% CI 1.148–1.528) and with high-risk adenomas (aOR 1.463, 95% CI 1.099–1.946).
- Among MASLD patients, lean phenotype (BMI $< 23 \text{ kg/m}^2$) was not associated with increased adenoma risk, while higher BMI was independently associated with colorectal adenomas (aOR 1.040, 95% CI 1.014–1.067).
- High-risk features were defined per 2020 US Multi-Society Task Force criteria as ≥ 5 adenomas, any adenoma $\geq 10 \text{ mm}$, villous histology, high-grade dysplasia, or traditional serrated adenoma.
- This study may inform colorectal cancer screening strategies in populations with MASLD.

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