FIBROSCAN (TRANSIENT ELASTOGRAPHY), CONTROLLED ATTENUATION PARAMETER, AND SHEAR WAVE SPEED MEASUREMENTS IN NORTH-CENTRAL NIGERIA

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A study of 1,409 patients in north-central Nigeria found that higher BMI strongly predicts higher controlled attenuation parameter scores, indicating increased hepatic steatosis, with 19% showing varying degrees of steatosis and 48% having elevated BMI.

KEY POINTS

- Among 1,409 participants (mean age 43.84 years, 64.84% male), the most common indication for Fibroscan was chronic hepatitis B (57.5%), followed by chronic hepatitis C, with alcohol consumption and suspected fatty liver disease accounting for 8.93% of indications
- Approximately 81% had no steatosis (stage S0, less than 248 dB/m), while 19% had varying degrees of steatosis, with the largest steatosis group being S3 (280 dB/m and above) at 9.6%
- BMI showed a strong positive correlation with CAP score (r=+0.461, p=0.001), and on multiple regression analysis, BMI was the only significant predictor of CAP score (B=4.09, p=0.0001)
- About 48% of participants had higher-than-normal BMI, and approximately 20% had significant fibrosis (14.0 kPa and above) on transient elastography measurement
- The findings demonstrate that obesity rates are increasing among adults in north-central Nigeria and that increasing BMI is associated with increasing degrees of hepatic steatosis in this population

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