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Summary

PREDICTORS OF LIVER STIFFNESS CHANGES IN CONSECUTIVE COHORTS OF PATIENTS WITH NON-ALCOHOLIC FATTY LIVER DISEASE AND LONGITUDINAL FOLLOW UP

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Serial liver stiffness measurements in 405 NAFLD patients over 20 months showed that more than 35% had significant changes, with improvement in 19.3% and worsening in 16.8%, and weight reduction independently associated with LSM improvement while worsening glycemic control associated with LSM worsening.

KEY POINTS

- Of 405 NAFLD patients from London and Milan followed for a median of 20.3 months, 77 patients (19.3%) showed LSM improvement, 67 (16.8%) showed worsening, and 256 (63.9%) remained stable.
- In multiple logistic regression analysis, LSM improvement was independently associated with weight reduction (OR 0.93) and ALT reduction (OR 0.98).
- LSM worsening was independently associated with increases in ALT (OR 1.02) and HbA1c levels (OR 1.03), as well as reductions in total cholesterol (OR 0.98) and AST levels (OR 0.98).
- The authors conclude that worsening metabolic comorbidities, particularly glycemic control, could be associated with significant worsening in LSM, supporting a multidisciplinary model of care.
- This study is relevant for clinicians monitoring fibrosis progression in NAFLD patients and informing multidisciplinary management strategies.

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