

FERRITIN PREDICTS LIVER FIBROSIS IN STEATOSIS: A READILY AVAILABLE, UNDERUSED MARKER BEYOND INFLAMMATION

Ghizlane Kharrassa

UEG Week Berlin 2025

Poster

Hepatobiliary

October 4, 2025

In a retrospective study of 99 adults with hepatic steatosis, serum ferritin above 90 ng/mL independently predicted significant fibrosis (FIB-4 ≥ 1.0) after adjusting for age, CRP, and metabolic comorbidities.

KEY POINTS

- Hyperferritinemia (ferritin >90 ng/mL) was present in 48.5% of patients and independently associated with fibrosis (OR 2.9, 95% CI 1.2–7.3, $p=0.021$), while CRP levels did not differ between fibrotic and non-fibrotic groups ($p=0.78$).
- Ferritin demonstrated discriminative performance with AUC 0.72 overall, strongest in patients under 50 years (AUC 0.78), and remained significant across both sexes (men AUC 0.75, women AUC 0.69).
- Combining ferritin with FIB-4 increased discriminative performance to AUC 0.76, suggesting complementary utility in risk stratification.
- The authors propose that ferritin may serve as a pragmatic, inexpensive biomarker for fibrosis screening in primary care or resource-limited settings, pending multicentric prospective validation.
- This material is relevant to clinicians managing metabolic liver disease who seek accessible biomarkers for early fibrosis detection where elastography is unavailable.

VIEW THIS CONTENT ON GUTFLIX

<https://gutflix.eu/search/d/e385ef74-a815-11f0-8bae-0242ac140006>



AI-generated summary

This summary was generated by an AI large language model based on the content transcript. It is for informational purposes only and should not be considered a substitute for clinical judgment. Always rely on your professional expertise and the full clinical context when making clinical decisions.