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Summary

SMALL VULNERABLE NEWBORNS HAVE HIGHER RISK OF METABOLIC DYSFUNCTION-ASSOCIATED STEATOTIC LIVER DISEASE: A SYSTEMATIC REVIEW AND META-ANALYSIS

Jonas F Ludvigsson

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A systematic review and meta-analysis of 37 studies finds that preterm birth and being small for gestational age are each associated with approximately 2.5-fold increased odds of metabolic dysfunction-associated steatotic liver disease later in life, while low birthweight alone showed no significant association.

KEY POINTS

- Preterm birth was associated with increased odds of MASLD (OR 2.47, 95% CI 1.76-3.45) based on three studies with 2,972 individuals.
- Small for gestational age was associated with increased odds of MASLD (OR 2.46, 95% CI 1.44-4.20) based on seven studies with 10,336 individuals.
- Low birthweight was not significantly associated with MASLD (OR 1.47, 95% CI 0.83-2.60) based on four studies with 3,788 individuals.
- The meta-analysis included 11 studies with 12,580 total individuals selected from 37 studies in the systematic review.
- The authors conclude these findings highlight the need for prevention efforts targeting adverse birth outcomes and structured lifestyle recommendations for high-risk newborns.

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