

PREVALENCE OF NON-ALCOHOLIC FATTY LIVER DISEASE IN OBESE TUNISIAN PATIENTS: PRELIMINARY RESULTS OF A PROSPECTIVE STUDY

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A prospective Tunisian study using transient elastography found that 76.9% of 219 obese patients had nonalcoholic fatty liver disease (NAFLD), with 4.7% showing high risk of advanced fibrosis.

KEY POINTS

- Among 219 obese patients (mean BMI 40.64 kg/m², 88.1% women, mean age 49 years) screened by Fibroscan between January and July 2022, NAFLD prevalence was 76.9% and 4.7% of those with NAFLD had high risk of advanced fibrosis (LSM $\geq$ 12 kPa).
- In multivariate analysis, only waist circumference was independently associated with NAFLD presence (p=0.007), with a cut-off of 107.5 cm showing good predictive value (AUC 0.776).
- In univariate analysis, NAFLD was significantly associated with type 2 diabetes, waist circumference, total cholesterol, triglycerides, and fasting blood glucose, while advanced fibrosis was associated with type 2 diabetes and platelet count.
- The authors state this result is alarming given the unrecognized advanced fibrosis risk and suggest systematic NAFLD screening in obese populations should be implemented.

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