

New tool in prevention, early diagnosis, and staging of liver cancer

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Presentation

Digestive Oncology

Hepatobiliary

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The speaker presented strategies for hepatocellular carcinoma risk stratification and early detection using non-invasive tools including FIB-4 and transient elastography, with emphasis on prevention through lifestyle modification and screening in at-risk populations.

KEY POINTS

- The speaker reported that combining FIB-4 and Fibroscan can stratify HCC risk in MASLD patients, with FIB-4 under 1.3 (or 2.0 in those over 65) and low Fibroscan values excluding patients with annual HCC risk under 0.2 percent
- In patients with elevated FIB-4 and Fibroscan over 15 kilopascals, representing 5.9 percent of the MASLD population studied, the speaker stated HCC risk was 3.8 percent at three years and 7.63 percent at five years
- The speaker noted that in diabetic populations, Fibroscan over 10 kilopascals requires HCC surveillance based on data from over 30,000 veterans
- GALAD score, incorporating age, sex, AFP, AFP-L3, and des-gamma-carboxy prothrombin, was reported to outperform other risk prediction methods with AUC over 0.8, particularly in alcoholic liver disease
- The speaker recommended lifestyle interventions for HCC prevention including stopping alcohol and tobacco, exercise, adequate sleep, and Mediterranean diet adherence
- Diagnosis relies on dynamic CT or MRI demonstrating arterial hypervascularity with washout, classified by LI-RADS, with ultrasound plus AFP as first-line surveillance in the speaker's approach

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