

SCREENING FOR ADVANCED LIVER DISEASE IN THE DISEASE MANAGEMENT PROGRAM FOR TYPE 2 DIABETES

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Poster

Hepatobiliary

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A prospective cohort study of 175 patients with type 2 diabetes in German primary care found very high prevalence of liver disease, with 77% having steatosis, 42% fibrosis, and 12% cirrhosis by transient elastography.

KEY POINTS

- Among participants in the German diabetes disease management program, 70% had NAFLD, with obesity strongly associated with both hepatic fibrosis (OR 4.82) and cirrhosis (OR 3.87) in multivariable analysis.
- The study population had median age 66 years, median BMI 31.1 kg/m², and 59% were obese; median HbA1c was 7.0%.
- Obese individuals showed the highest median liver stiffness values at 11.3 kPa; HbA1c correlated with fibrosis but was not an independent predictor.
- The authors note that NAFLD is not currently included in routine screening within the German diabetes disease management program and suggest VCTE could enable risk stratification for intensified management.

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