

## **SHEAR WAVE ELASTOGRAPHY IS A RELIABLE NON-INVASIVE METHOD FOR THE ASSESMENT OF PORTAL HYPERTENSION IN NAFLD PATIENTS**

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**A cross-sectional study of 51 patients with non-alcoholic fatty liver disease found that liver stiffness measured by shear wave elastography was significantly higher in patients with esophageal varices and correlated with fibrosis degree.**

### KEY POINTS

- Patients with esophageal varices had significantly higher liver stiffness values compared to those without varices ( $17.7 \pm 8.94$  KPa versus  $8.08 \pm 4.04$  KPa,  $p < 0.05$ ).
- A statistically significant positive correlation was found between the existence of esophageal varices and the degree of fibrosis ( $R = 0.82$ ,  $P < 0.05$ ).
- Among the 51 patients with non-alcoholic fatty liver disease, 22% had esophageal varices while 78% had no varices.
- The authors conclude that shear wave elastography may serve as a non-invasive method for predicting the presence of portal hypertension in patients with liver diseases.
- This material would be most relevant to clinicians managing patients with non-alcoholic fatty liver disease and evaluating risk for portal hypertension complications.

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