

NON-ALCOHOLIC FATTY LIVER DISEASE AND INFLAMMATORY BOWEL DISEASE – MORE QUESTIONS, TROUBLING ANSWERS

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Poster

IBD

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A single-center study of 93 IBD patients found 48.3% had concurrent NAFLD, with metabolic factors, age, male gender, and disease duration independently associated with NAFLD presence and higher cardiovascular risk.

KEY POINTS

- Among 93 IBD patients enrolled from January to November 2022, 45 (48.3%) were diagnosed with NAFLD based on fibroscan evaluation showing mean CAP score of 283 versus 215 in IBD-only patients.
- NAFLD in IBD patients was strongly associated with age, BMI, disease duration, C-reactive protein, fasting plasma glucose, and triglycerides at multivariate analysis, with presence of IBD conferring an odds ratio of 2.45 for NAFLD after adjustment.
- Patients with both IBD and NAFLD had significantly higher rates of diabetes (27.5% versus 0%), higher BMI (33.1 versus 26.2), and elevated 10-year Framingham cardiovascular risk (4.27% versus 2.32%).
- The authors conclude that while liver fibrosis progression risk appears minor, cardiovascular risk is of greater concern and IBD patients should receive multidisciplinary assessment for NAFLD.

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