

## THE HEART OF THE PROBLEM - HIGH CARDIOVASCULAR RISK IN LEAN NON-ALCOHOLIC FATTY LIVER DISEASE PATIENTS

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Poster

Hepatobiliary

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**A comparative study of 221 patients found that lean individuals with NAFLD had significantly higher atherosclerotic cardiovascular disease risk scores than obese NAFLD patients, with more pronounced effects when significant liver fibrosis was present.**

### KEY POINTS

- Lean NAFLD patients had significantly higher mean ASCVD scores than obese NAFLD patients (22.7% vs 15.3%,  $p < 0.001$ ).
- Among patients with significant liver fibrosis, lean NAFLD subjects had higher ASCVD event risk compared to obese counterparts (OR 2.51 vs 1.95,  $p = 0.034$ ).
- NAFLD prevalence was 12.3% in the lean population and 63.8% in the obese group among 221 patients evaluated between January 2020 and February 2023.
- Type 2 diabetes was more prevalent in obese NAFLD patients, while lipid profile changes and higher systolic blood pressure were more common in lean subjects.
- The study used vibration-controlled transient elastography with controlled attenuation parameter for NAFLD diagnosis and ACC/AHA guidelines for ASCVD risk assessment.

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