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Summary

THE RELATIONSHIP BETWEEN ALCOHOL CONSUMPTION AND THE PRESENCE OF ADVANCED LIVER FIBROSIS IN THE GENERAL POPULATION

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A cross-sectional study of 689 asymptomatic alcohol consumers in Romania found advanced liver fibrosis in 19.3% of patients, with excessive alcohol consumption conferring approximately twice the risk in women versus men and in younger versus older age groups.

KEY POINTS

- Advanced fibrosis (≥F3) detected by transient elastography in 19.30% of 689 asymptomatic patients who consumed moderate to high levels of alcohol for at least one year.
- Excessive alcohol consumption was associated with higher odds of advanced fibrosis in women (OR=5.08) compared to men (OR=2.27), and in patients under 40 years (OR=6.29) compared to those over 55 years (OR=3.21).
- Logistic regression models identified predictive associations between advanced fibrosis and excessive alcohol consumption combined with low albumin, reduced triglycerides in men, reduced cholesterol in the 40-55 age group, and reduced ferritin in those over 55 years.
- The authors conclude that transient elastography screening could enable early diagnosis of advanced liver fibrosis in asymptomatic populations to prevent progression of alcohol-related liver disease.

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