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Summary

SPLENIC STIFFNESS IN NON-ALCOHOLIC FATTY LIVER DISEASE: CORRELATION TO SERUM BIOMARKERS AND LIVER ULTRASOUND TECHNOLOGY OF FIBROSIS

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A prospective study of 44 NAFLD patients found splenic elasticity measurement significantly associated with liver elasticity and predictive of advanced fibrosis, with a threshold of 17.4 Kpa showing 85.7% specificity and 73.5% sensitivity.

KEY POINTS

- Splenic elasticity was significantly associated with liver elasticity (p=0.012) with an AUROC of 0.784, and a 17.4 Kpa threshold predicted advanced fibrosis with 85.7% specificity and 73.5% sensitivity.
- Among 44 patients with hepatic steatosis, Fibroscan-assessed fibrosis staging showed F0-F1 in 31 cases, F2 in 5 cases, F3 in 5 cases, and F4 in 3 cases.
- Advanced fibrosis correlated with NFS score (p=0.016) and FIB-4 (p=0.001), but splenic elasticity showed no association with NFS or FIB-4 scores.
- The authors concluded that splenic elasticity measurement is a simple and reliable non-invasive tool, comparable to liver elasticity, for predicting liver fibrosis in NAFLD.
- This prospective study conducted July 2022 to January 2023 may interest hepatologists evaluating non-invasive fibrosis assessment methods in NAFLD populations.

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