

IMPROVEMENT OF HEPATIC STEATOSIS AND REDUCTION IN CARDIOVASCULAR EVENT IN PATIENTS WITH DIABETES MELLITUS: A PROSPECTIVE STUDY

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Poster

Hepatobiliary

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In a two-year prospective study of 277 patients with diabetes mellitus, marked reduction in hepatic steatosis measured by controlled attenuation parameter was associated with lower incidence of new cardiovascular disease events.

KEY POINTS

- Among patients stratified by change in controlled attenuation parameter, new cardiovascular disease incidence was 0% in those with CAP reduction of ≤ -40 dB/m, 2% in those with changes between -40 and +40 dB/m, and 9.5% in those with CAP increases of $\geq +40$ dB/m ($p=0.037$).
- Six patients (3.2%) developed new cardiovascular events during the two-year follow-up period, comprising three cardiac events and three neurovascular events.
- Patients whose CAP decreased ($n=176$) had higher baseline CAP (284 ± 50 vs. 255 ± 47 dB/m, $p<0.001$) and were older (58 ± 12 vs. 55 ± 12 years, $p=0.012$) than those whose CAP increased ($n=101$), with lower insulin use (5.1% vs. 12.9%, $p=0.022$) but no significant differences in other cardiovascular risk factors.
- The authors conclude that CAP monitoring may be a valuable tool for assessing cardiovascular disease risk in patients with diabetes, though they acknowledge this was an observational study.

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