

PREDICTING FIBROSIS PROGRESSION IN NON-ALCOHOLIC FATTY LIVER DISEASE PATIENTS USING FAST SCORE: A PAIRED BIOPSY STUDY

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UEG Week Copenhagen 2023

Poster

Hepatobiliary

October 15, 2023

In a paired biopsy study of 69 NAFLD patients, the FAST score was the only independent predictor of fibrosis progression, with each unit increase conferring a 19% higher odds of progression.

KEY POINTS

- Among patients followed over a mean 21.3-month interval, 26% experienced fibrosis progression, 29% had regression, and 45% showed no change in fibrosis stage
- Multivariable logistic regression identified the FAST score at initial biopsy as the sole independent predictor of progressive fibrosis, with an odds ratio increase of 19% per unit (95% CI 8–38%, $p < 0.05$)
- No independent predictors for fibrosis regression were identified among the non-invasive scores evaluated (FIB-4, NFS, Agile 3+, Agile 4, FAST)
- The authors conclude that FAST may serve as both a diagnostic screening tool and a prognostic indicator in NAFLD patients

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