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Frequency of significant steatosis and compensated advanced chronic liver disease among adults with chronic liver disease

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Abstract

Background: With changes in the epidemiology and treatment of chronic liver disease (CLD), the impact of various etiologies of liver disease on steatosis and advanced fibrosis are uncertain. Methods: A retrospective study was conducted among liver disease patients of various etiologies undergoing transient elastography (TE) over a 9-year duration. Results: Data for 2886 patients were analyzed and had the following demographics: The median age was 60 (IQR: 45–69) years, 51% were males, and ethnicity was predominantly Chinese (52.5%), followed by Malays (34%) and Indians (12.3%). The median CAP score was 272 (IQR: 219–319) dB/m and the median liver stiffness measurement (LSM) score was 6.5 (IQR: 4.9–9.7) kPa. Hepatic steatosis occurred across the spectrum of etiologies of CLD. Among patients with steatosis, the most common etiologies were nonalcoholic fatty liver disease (NAFLD) at 62% and chronic hepatitis B (CHB) at 26.3%. TE findings suggestive of cACLD (10.1–15 kPa) and highly suggestive of cACLD (>15 kPa) were observed in 11.3% and 12.4% of patients, respectively. NAFLD was found to be the most common etiology for cases with suggestive of cACLD (47.2%) and highly suggestive of cACLD (41.5%). Conclusion: Hepatic steatosis is common in CLD, regardless of etiology. Compared with other etiologies, NAFLD is now the leading cause of cACLD. © 2023 Journal of Gastroenterology and Hepatology Foundation and John Wiley & Sons Australia, Ltd.

Author Keywords

Chronic liver disease; Hepatic steatosis; Liver fibrosis; Metabolic dysfunction-associated liver disease; Transient elastography

Index Keywords

methotrexate; adult, alcohol liver disease, Article, Chinese, chronic hepatitis B, chronic hepatitis C, chronic liver disease, coinfection, demographics, ethnicity, fatty liver, female, human, Human immunodeficiency virus infection, Indian, liver fibrosis, liver stiffness, major clinical study, Malay (people), male, middle aged, morbidity, nonalcoholic fatty liver, retrospective study, transient elastography, chronic hepatitis B, complication, diagnostic imaging, elastography, liver, liver cirrhosis, nonalcoholic fatty liver, pathology; Adult, Elasticity Imaging Techniques, Female, Hepatitis B, Chronic, Humans, Liver, Liver Cirrhosis, Male, Middle Aged, Non-alcoholic Fatty Liver Disease, Retrospective Studies

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