

Question 26 – Week of December 27

A 42 male is evaluated for abnormal liver enzymes. Serologic testing for viral and autoimmune markers are both negative. Ultrasound shows increased echo texture consistent with fatty liver. Physical exam is unremarkable.

Which of the following risk factors is associated with an increased risk of NASH among patients with NAFLD?

- A. Type 1 diabetes mellitus
- B. Type 2 diabetes mellitus
- C. Age <40 years
- D. Hypertriglyceridemia

Answer: B

There are four primary risk factors associated with more advanced NAFLD: (1) Age > 45, (2) Obesity (BMI>30), (3) Type II diabetes, and (4) AST/ALT ratio <1.0. NASH superimposed on Hepatitis C may also be independent risk factor for advanced fibrosis. The contribution of other liver diseases such as hemochromatosis or iron overload to the progression of NAFLD remains an area of active study.