

# What is NASH?



## Non-Alcoholic Steatohepatitis

**NASH** is the most common chronic liver disorder in industrialized countries, affecting up to 15% of middle-aged US adults.

**NASH** has more than doubled in the last 20 years due to the epidemic of diabetes and obesity, in link with unhealthy lifestyle (fatty foods, excess carbohydrates, drinks rich in sugar/fructose).

## Risk Factors and Clinical Cues

- Age > 50
- BMI > 30
- Elevated Liver Tests (AST/ALT  $\geq$  1, AST > 20 U/L)
- Diabetes
- Hypertension
- Metabolic Syndrome
- Inactive Lifestyle
- Dyslipidemia
- Fatty Liver on Ultrasound
- Historical Fibroscan > 8 kpa, CAP > 280

**NASH** patients typically do not show symptoms.

Currently there are no FDA approved therapies to prevent or treat NASH.

## Non-invasive tests

can be performed to assess a patient for potential NASH:

Several clinical research studies for developing treatments are available.

- Fibroscan
- Blood-based scores (FIB-4, NAFLD score)

*Harrison, Stephen, et al "Prospective liver biopsy-based prevalence of non-alcoholic fatty liver disease and steatohepatitis among a large middle-aged population utilizing FibroScan, LiverMultiscan and magnetic resonance elastography to guide liver biopsy." Journal of Hepatology, 70 Supplement N1S (April 2019)" 784.*

If you have patients that meet some or all of these risk factors, please send referrals to:

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