

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

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.

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)

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

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