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Sudden Death Due to Association between NAFLD and Cardiovascular Changes in a 37-Year-Old Man: A Case Report

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Nonalcoholic fatty liver disease (NAFLD) is a spectrum of conditions ranging from simple steatosis [or nonalcoholic fatty liver (NAFL)] to nonalcoholic steatohepatitis and cirrhosis. Some of the epidemiological and pathological studies have also suggested association between the presence of fatty liver and sudden death. A 37-year-old man was found dead when he was asleep in the bed at home. According to his family, he was single and a fruiterer. He was not athlete and there was no history of any physical and mental disorder. He was not addict and did not use any drugs or alcohol. Less than 24 hours have passed since death. There was no significant finding in the corpse appearance. At autopsy, the heart was larger than normal with the weight of 480 g and Mild stenosis was detected in coronary arteries. There was no significant change in the myocardium, endocardium and the valves. The liver was larger than the normal size with yellow brown color. Microscopic pathology evaluation of the liver revealed steatohepatitis. There was no significant abnormal finding in the other organs. Toxicology was negative. According to the postmortem examination, autopsy findings (microscopy and microscopy) and the result of the lab toxicology. Since steatohepatitis did not have any complication such as fat embolism, it can be concluded that the combination of steatohepatitis and cardiovascular disorder led to sudden unexpected death. A heart more than 450 gr is susceptible to arrhythmia and fatty liver disease can cause cardiovascular changes.

Biography

Azadeh Memarian has completed her Forensic medicine speciality at the age of 34 years from Iran University of medical sciences, Tehran, Iran, Currently she is working as a assistant Professor of forensic Medicine at Iran University of Medical Sciences.

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