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Role of nonalcoholic fatty liver disease fibrosis score in overweight and obese nonalcoholic fatty liver disease

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Non-Alcoholic fatty liver disease can occur in obese and lean patients. Diabetes, obesity, and hypothyroidism are major treatable risk factors which can prevent the progression of NAFLD to NASH and CLD. liver biopsy is considered as the gold standard for diagnosing NASH. Fibroscan a noninvasive technique is now being routinely used to detect the fibrosis of the liver. However, this facility is not available at every hospital. NAFLD fibrosis score and novel biomarkers cytokeatin 18 are being investigated as a marker of fibrosis. In this observational cross-sectional study, we tried to find out the NAFLD fibrosis score, fibroscan values in 30

overweight (BMI > 23.5kg/m²) and obese (BMI > 28.5kg/m²) NAFLD patients out of total 50 NAFLD patients diagnosed on the basis of ultrasonography. Blood tests including hemogram, KFT's, LFT's, lipid profile and ultrasonography and fibroscan were done in all cases. A value of > 0.676 was taken as significant fibrosis, -1.455 to ≤ 0.675 as intermediate fibrosis, < -1.455 as absence of fibrosis. The mean age was 46.50±12.33years. There were 8 (26.7%) males and 22 (73.3%) females. The mean BMI was 30.08±5.27. The mean ALT and AST was 54.17±27.49IU/L and 47.0±21.92IU/L respectively. The mean total cholesterol and triglyceride were 181.67±49.13 and 199.63±34.67 respectively. The mean TSH was 5.87±5.09mIU/L. The prevalence of hypothyroidism and diabetes was 11(36.6%) and 20(66%) respectively. Mean NAFLD score was -1.144±1.47 and the fibroscan score was 7.5067±2.25. Based on the NAFLD fibrosis score significant, intermediate and

no fibrosis was observed in 6.7%, 56.7%, and 36.7% respectively.

Biography

Sandeep Garg has completed his MBBS and MD Internal Medicine from Delhi University. At present, he is Professor of Medicine in Maulana Azad Medical College looking after the Endocrine clinic. He is also involved in undergraduate and postgraduate teaching of MBBS and BDS students, Resource person for the HIV Fellowship, PG diploma in Geriatrics, Hemophilia training programme, Elsevier Clinical Key and National Board of Examination. He has published more than 50 research papers, delivered many lectures and chaired sessions at national and international level. Along with many National affiliations and awards, he is Fellow of Royal College of Physician, Edinburgh, and Fellow of American College of Physician. He is also an elected member of Physician Research foundation of the Association of Physicians of India.

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