

NAFLD increases the risk of early atherosclerotic lesions

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A study presented today at the International Liver Congress 2013 – which evaluated the relationship between non-alcoholic fatty liver disease (NAFLD), early predictors of atherosclerosis and the 10-year Framingham risk score (FRS) – showed that NAFLD increases the risk of early atherosclerotic lesions independent of established cardiovascular (CV) risk factors.

NAFLD is one of the most common causes of [chronic liver disease](#). Patients with NAFLD have an excess prevalence of CV events and typically have an increase frequency of [risk factors](#) already known to be directly related to atherosclerosis. As a consequence, it remains unclear if the presence of fatty liver should be regarded as an [independent risk factor](#) for CV disease.

Over 5000 patients with two or more traditional CV risk factors (without previous CV events), low [alcohol intake](#) (1,5 mm at carotid bifurcation. The Fatty Liver Index (FLI), a surrogate marker of hepatic steatosis when >60, and the Framingham score (FRS) were calculated.

Patients with a FLI of 60 or more also had a higher BMI and increased levels of [liver enzymes](#) (ALT, AST, GGT) (p

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