

# Nonalcoholic fatty liver disease linked to CKD in T1DM

April 9 2014

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(HealthDay)—For patients with type 1 diabetes, nonalcoholic fatty liver disease (NAFLD) is independently associated with the risk of incident chronic kidney disease (CKD), according to a study published online April 2 in *Diabetes Care*.

Giovanni Targher, M.D., from the University of Verona in Italy, and colleagues followed 261 adults with type 1 diabetes with preserved [kidney function](#) and with no macroalbuminuria at baseline for a mean of 5.2 years for incident CKD. Ultrasonography was used to diagnose NAFLD.

Patients had a mean estimated glomerular filtration rate (eGFR) of  $92 \pm 23$  mL/min/1.73 m<sup>2</sup> at baseline; 89.7 and 10.3 percent had normoalbuminuria and microalbuminuria, respectively. About half of

patients (50.2 percent) had NAFLD. The researchers found that 61 patients developed incident CKD during follow-up. An increased risk of CKD was associated with NAFLD (hazard ratio, 2.85; P diabetes, hypertension, glycated hemoglobin, and baseline eGFR (adjusted hazard ratio, 2.03; P

"Further large, long-term prospective studies are needed to confirm our results (before suggesting a routine liver ultrasound examination in all [patients](#) with [type 1 diabetes](#) to better predict the future development of CKD)," the authors write.

**More information:** [Abstract](#)  
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Citation: Nonalcoholic fatty liver disease linked to CKD in T1DM (2014, April 9) retrieved 2 May 2024 from <https://medicalxpress.com/news/2014-04-nonalcoholic-fatty-liver-disease-linked.html>

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