

# NAFLD linked to unfavorable metabolic profile in T2DM

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(HealthDay)—For obese patients with type 2 diabetes mellitus (T2DM),

nonalcoholic fatty liver disease (NAFLD) is associated with an unfavorable metabolic profile, according to a study published online Feb. 9 in *Diabetes Care*.

Romina Lomonaco, M.D., from the University of Florida in Gainesville, and colleagues examined the metabolic consequences of nonalcoholic steatohepatitis (NASH) in patients with T2DM. One hundred fifty-four [obese patients](#) were divided into four groups: control (no T2DM or NAFLD); T2DM without NAFLD; T2DM with isolated steatosis; and T2DM with NASH.

The researchers found that with the presence of T2DM and the development of [hepatic steatosis](#), metabolic parameters worsened progressively, with worse hyperinsulinemia, [insulin resistance](#), and dyslipidemia in those with NASH (P free fatty acids [FFAs] or adipose tissue insulin resistance index; both P

"The unfavorable metabolic profile linked to NAFLD should prompt strategies to identify and treat this population early on," the authors write.

**More information:** [Abstract](#)  
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