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
Full Text (subscription or payment may be required)