

# Visceral adipose tissue index IDs risk of HCC in cirrhosis

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(HealthDay)—For male patients with cirrhosis, visceral adipose tissue

index (VATI) is an independent risk factor for hepatocellular carcinoma (HCC), according to a study published online Oct. 10 in *Hepatology*.

Aldo J. Montano-Loza, M.D., Ph.D., from the University of Alberta Hospital in Canada, and colleagues examined whether VAT is associated with the risk of HCC in patients with [cirrhosis](#) and with the risk of HCC recurrence after liver transplantation (LT). Body composition was evaluated for 678 patients with cirrhosis who were assessed for LT. A total of 247 patients underwent LT and were then assessed for [body composition](#); 96 of these patients had HCC.

The researchers found that VATI was higher in [male patients](#) with HCC versus non-HCC patients at the time of LT assessment ( $75 \pm 3$  versus  $60 \pm 3$  cm<sup>2</sup>/m<sup>2</sup>). Compared with non-HCC patients, male patients with HCC had higher VATI, subcutaneous adipose tissue index, and total adipose tissue index. The risk of HCC was elevated for male patients with VATI  $\geq 65$  cm<sup>2</sup>/m<sup>2</sup> in multivariable analysis (hazard ratio, 1.9). A VATI  $\geq 65$  cm<sup>2</sup>/m<sup>2</sup> adjusted for Milan criteria was independently associated with an elevated risk of HCC recurrence in male patients with HCC who underwent LT (hazard ratio, 5.34).

"High VATI is a novel and [independent risk factor](#) for HCC in male patients with cirrhosis, and for recurrence of HCC after LT," the authors write.

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