

# NAFLD not independently tied to risk of reflux esophagitis

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(HealthDay)—Nonalcoholic fatty liver disease (NAFLD) is not

associated with increased risk of incident reflux esophagitis after adjustment for variables, including body mass index (BMI), according to a study published online Nov. 12 in the *Journal of Gastroenterology and Hepatology*.

In an effort to examine whether NAFLD is associated with incident [reflux esophagitis](#), Yang Won Min, M.D., Ph.D., from Sungkyunkwan University School of Medicine in Seoul, South Korea, and colleagues conducted a [cohort study](#) involving 34,063 men and women without [reflux](#) esophagitis or other upper gastrointestinal disease. Participants underwent health check-up examinations between January 2003 and December 2013.

The researchers found that the prevalence of NAFLD was 33.2 percent at baseline. The cumulative incidences of reflux esophagitis were 9.6 and 13.8 percent for participants without and with NAFLD, respectively, during 153,520.2 person-years of follow-up (P

"NAFLD is not independently associated with the risk of the development of reflux esophagitis, but rather reflux esophagitis is primarily the consequence of increased BMI commonly associated with NAFLD," the authors write.

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