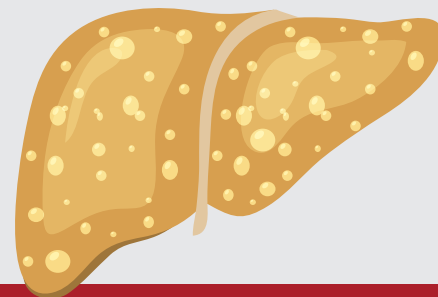


Screening and Diagnosing MASLD

What is MASLD?

Metabolic dysfunction-associated steatotic liver disease (MASLD), previously called non-alcoholic fatty liver disease, is a term used to define liver steatosis in people living with overweight or obesity. It is a significant and undiagnosed complication that may lead to liver cirrhosis and even liver cancer.



Who should be screened for MASLD?

People with one or more metabolic risk factors, including:



**Groups with the highest risk of future cirrhosis*

How to Screen and Diagnose MASLD

Review medical history and order laboratory testing, such as:

- ALT** Alanine aminotransferase test
- AST** Aspartate aminotransferase test
- INR** International normalized ratio
- CBC** Complete blood count

Monitoring MASLD

- <1.3** If the fib 4 score is <1.3 repeat in one year.
- ≥1.3** If the fib 4 score is ≥1.3 proceed to non-invasive test of liver fibrosis.
- >2.67** If the score is very high, >2.67 the probability of liver fibrosis is high, refer to specialist.



If a patient presents with prediabetes or type 2 diabetes with obesity:

Proceed directly to fibrosis risk assessment without requiring ultrasound confirmation of steatosis.

What are the non-invasive tests used to assess liver stiffness?

While screening patients, some will require a two-tiered approach for initial risk stratification, such as:

- VCTE** Vibration-controlled transient elastography
- or
- ELF** Enhanced liver fibrosis (ELF) test

In the setting of diagnostic uncertainty due to abnormal plasma aminotransferases (ALT or AST), steatosis may be diagnosed using the controlled attenuation parameter (CAP) obtained from VCTE.

- >280** CAP values >280 dB/m are highly suggestive of steatosis.



MRI is the gold standard for confirmation of steatosis.

Liver biopsy is generally considered when noninvasive assessments are inconclusive or when alternative diagnoses are suspected.

If the patient has type 2 diabetes:

Due to the high prevalence of MASLD in people with diabetes, begin with laboratory testing (e.g., CMP, CBC, ALT, AST, and platelet count) and age to calculate FIB-4.