

Are You at Risk for Severe Liver Damage?

Over time, inflammation and scarring (fibrosis) due to chronic liver disease can lead to cirrhosis, which is irreversible

There are 3 major types of chronic liver disease:



Metabolic dysfunction-associated steatotic liver disease (MASLD)

- Those with **prediabetes**, **type 2 diabetes**, **obesity**, and/or **metabolic syndrome** are at higher risk for MASLD
- MASLD** can progress to **MASH** (metabolic dysfunction-associated steatohepatitis), where inflammation damages the liver and causes fibrosis



Alcohol-associated liver disease (ALD)

- Those who have **alcohol use disorder**, **binge drink**, or have **heavy alcohol consumption** in general are at a higher risk for ALD



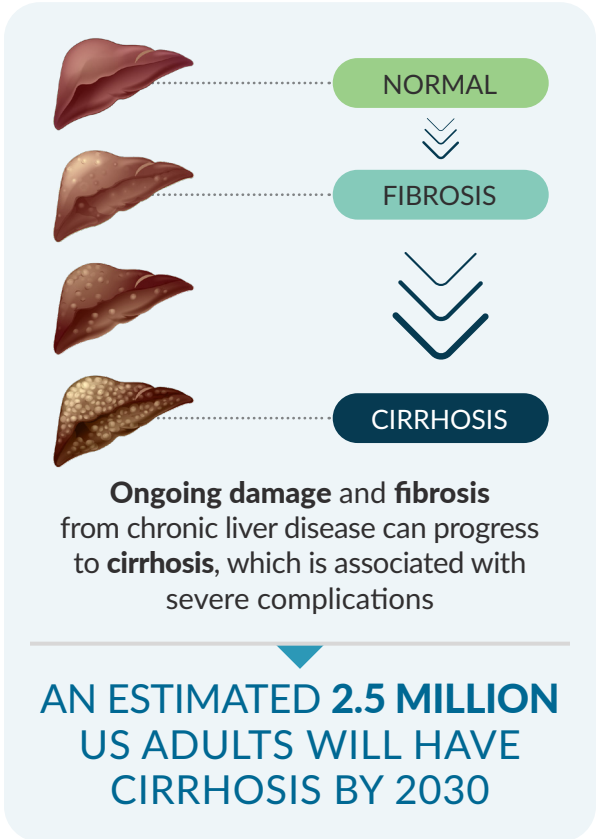
Chronic viral hepatitis (Hep B and C)

- Liver infection from hepatitis B virus (**HBV**) or hepatitis C virus (**HCV**)
- HBV** can be prevented through vaccination, while **HCV** is curable via antiviral therapy



Liver disease and cirrhosis can be easy to miss

- People with chronic liver disease usually lack symptoms or only have mild ones
- Even with progression to cirrhosis, **only 40%** experience symptoms



Stay on Top of Your Liver Health Through Routine Monitoring and Testing

How will your clinician determine if you have advanced fibrosis or cirrhosis?

NEW SYMPTOMS

Certain signs and symptoms can signal advanced liver disease, requiring care from a liver specialist:

- Swelling in legs or feet (**edema**)
- Bloating, fluid, and pain in the abdomen (**ascites**)
- Confusion, sleep changes, or tremor (**hepatic encephalopathy**)
- Yellowing of the skin or eyes (**jaundice**)
- Easy **bruising** or **bleeding**
- Weakness** and **fatigue**

NONINVASIVE ASSESSMENT

Imaging and testing help identify fibrosis and the presence of fat deposits, reducing need for biopsy:

- Liver imaging**
 - Abdominal ultrasound, MRI, CT scan
- Liver stiffness test**
- Blood tests**
 - ELF score
 - FIB-4 score

FIB-4 SCORE INDICATES YOUR RISK OF FIBROSIS

FIB-4 score is calculated using your age* and blood test values that are linked to fibrosis (liver enzymes and platelet count)

Higher FIB-4 scores indicate increased risk of advanced fibrosis and cirrhosis

FIB-4 SCORE BELOW 1.3

▶

LOW RISK



If you **have** prediabetes, type 2 diabetes, or more than 1 metabolic risk factor,[†] your clinician should **reassess FIB-4 every 1-2 years**

If you **DON'T have** type 2 diabetes and have 0-1 metabolic risk factors,[†] your clinician should **reassess FIB-4 every 2-3 years**

FIB-4 SCORE 1.3–2.67

▶

MEDIUM RISK



Your clinician may **refer you to a liver specialist for additional testing**

FIB-4 SCORE ABOVE 2.67

▶

HIGH RISK



Your clinician should **refer you to a liver specialist for suspected cirrhosis**



Ask to review your FIB-4 score with your clinician, especially if you're at risk for liver disease

*In people 65 years and older, the cutoff for FIB-4 low risk should be 2.0 (rather than 1.3). FIB-4 has low accuracy in people under 35 years old; secondary assessment may be required.
[†]Metabolic risk factors include waist size over 40 inches (in men) or over 35 inches (in women), high triglycerides, low HDL cholesterol, high blood pressure, and high fasting plasma glucose.
CT, computed tomography; ELF, Enhanced Liver Fibrosis; FIB-4, Fibrosis-4; HDL, high-density lipoprotein; MRI, magnetic resonance imaging.