RESEARCH
O&G Forum 2024; 34 – 3s: 321-327

ANALYZING THE CORRELATION BETWEEN METABOLIC SYNDROME AND NON-ALCOHOLIC FATTY LIVER DISEASE INCIDENCE

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Abstract
This paper investigates the intricate relationship between Metabolic Syndrome (MetS) and Non-Alcoholic Fatty Liver Disease (NAFLD) incidence. MetS, characterized by a cluster of metabolic abnormalities, and NAFLD, defined by hepatic fat accumulation in the absence of significant alcohol consumption, are prevalent conditions associated with modern lifestyles. Understanding the correlation between these two conditions is essential for effective management and prevention strategies. This paper reviews the current literature on the pathophysiological mechanisms linking MetS and NAFLD, including insulin resistance, dyslipidemia, inflammation, oxidative stress, and gut microbiota dysbiosis. Epidemiological evidence supporting the association between MetS and NAFLD is also analyzed. Additionally, implications for clinical practice and potential avenues for future research are discussed.
Keywords: Metabolic Syndrome; Non-Alcoholic Fatty Liver Disease; Insulin Resistance; Dyslipidemia; Inflammation; Oxidative Stress; Gut Microbiota Dysbiosis; Epidemiology; Pathophysiology; Clinical Implications.

I. Introduction

Metabolic Syndrome (MetS) and Non-Alcoholic Fatty Liver Disease (NAFLD) are two interrelated conditions that pose significant public health challenges worldwide. MetS is characterized by a cluster of metabolic abnormalities, including central obesity, hypertension, dyslipidemia, and insulin resistance, which increase the risk of cardiovascular diseases and type 2 diabetes. NAFLD encompasses a spectrum of liver conditions ranging from simple steatosis to non-alcoholic steatohepatitis (NASH) and cirrhosis, with hepatic fat accumulation being the defining feature in the absence of significant alcohol consumption. Metabolic syndrome (MetS) and non-alcoholic fatty liver disease (NAFLD) are two health diseases that are interconnected and have substantial implications for public health all over the world [1]. The metabolic syndrome is a collection of metabolic abnormalities that are defined by central obesity, insulin resistance, dyslipidemia, and hypertension. These abnormalities, when combined, increase the risk of cardiovascular disease (CVD) and type 2 diabetes mellitus (T2DM) [2]. On the other hand, non-alcoholic fatty liver disease (NAFLD) comprises a spectrum of liver illnesses that range from simple steatosis to non-alcoholic steatohepatitis (NASH) and severe fibrosis, with the possibility of progression to cirrhosis and hepatocellular carcinoma [3]. In recent years, there has been a growing interest in the association between metabolic syndrome and non-alcoholic fatty liver disease (NAFLD) due to the fact that both conditions share risk factors, pathophysiological mechanisms, and clinical outcomes. The results of epidemiological research have repeatedly shown that there is a bidirectional link between metabolic syndrome and non-alcoholic fatty liver disease (NAFLD), with a sizeable proportion of people who have metabolic syndrome exhibiting characteristics of NAFLD, and vice versa [4,5]. The presence of both metabolic syndrome and non-alcoholic fatty liver disease (NAFLD) increases the likelihood of developing cardiovascular disease (CVD), type 2 diabetes, and other metabolic consequences, highlighting the importance of implementing comprehensive care methods that address both disorders [6,7].

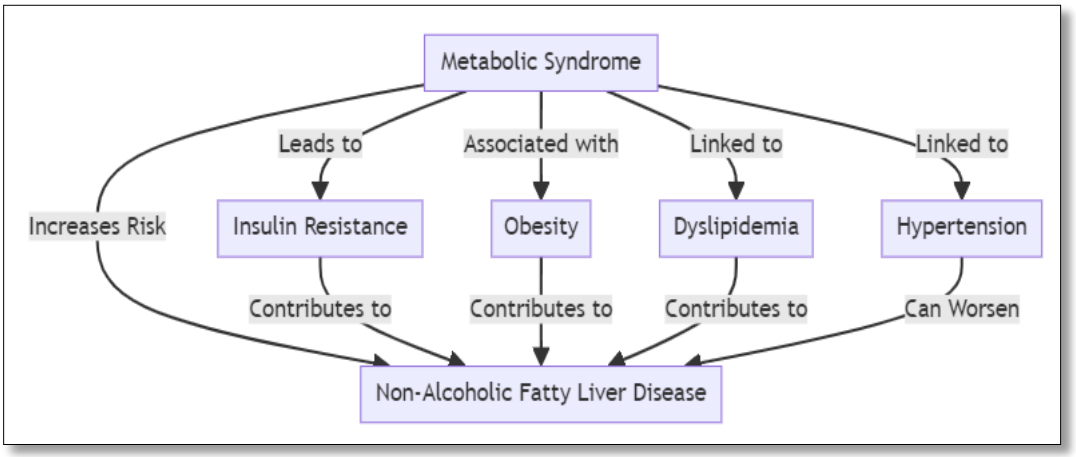

Figure 1. Depicting the Correlation Between Metabolic Syndrome and Non-Alcoholic Fatty Liver Disease

The epidemiology of metabolic syndrome and nonalcoholic fatty liver disease (NAFLD) gives useful insights into the frequency, trends, and demographic distribution of these conditions. It is estimated that between twenty percent and twenty-five percent of persons around the world are affected by metabolic syndrome. The percentage of people affected by this condition varies depending on factors such as age, gender, ethnicity, and socioeconomic level [8]. In a similar vein, non-alcoholic fatty liver disease (NAFLD) has grown to become the most prevalent chronic liver disease in the world, affecting roughly 25 percent of the total population. Individuals who are obese, have type 2 diabetes, and have dyslipidemia have greater prevalence rates [9,10]. The intricate interaction between genetic, environmental, and lifestyle variables is highlighted by the fact that obesity and non-alcoholic fatty liver disease (NAFLD) are both caused by the same risk factors that contribute to their development and progression. Visceral adiposity and central obesity, which are both defined by the deposition of extra fat in the abdominal area, are significant drivers of insulin resistance, dyslipidemia, and inflammation, which in turn predisposes individuals to metabolic syndrome and non-alcoholic fatty liver disease [11,12]. MetS is characterized by insulin resistance, which leads to the buildup of lipids in the liver and exacerbates mitochondrial dysfunction, ultimately resulting in the development of non-alcoholic fatty liver disease (NAFLD) [13]. Dyslipidemia, which is characterized by higher triglycerides, decreased high-density lipoprotein (HDL) cholesterol, and increased tiny dense low-density lipoprotein (LDL) particles, is a contributor to hepatic steatosis and inflammation, which further exacerbates liver injury in non-alcoholic fatty liver disease (NAFLD) [14]. Not only does obesity and insulin resistance play a significant role in the etiology of metabolic syndrome and non-alcoholic fatty liver disease (NAFLD), but also hypertension, inflammation, and genetic predisposition. By contributing to endothelial dysfunction, oxidative stress, and vascular remodeling, hypertension, which is a prevalent comorbidity of metabolic syndrome, exacerbates liver injury and fibrosis in non-alcoholic fatty liver disease (NAFLD) patient [15]. By promoting hepatic insulin resistance and lipogenesis, chronic inflammation, which is defined by high levels of pro-inflammatory cytokines and adipokines, contributes to the progression of non-alcoholic fatty liver disease (NAFLD) to non-alcoholic fatty liver disease (NASH) and fibrosis [16]. Furthermore, the vulnerability to metabolic syndrome and nonalcoholic fatty liver disease is modulated by genetic predisposition, which, when paired with environmental factors such as dietary habits and a sedentary lifestyle, highlights the elements that contribute to the development of these disorders [17]. The association between metabolic syndrome and non-alcoholic fatty liver disease (NAFLD) is a substantial public health challenge that calls for a multidisciplinary approach to avoidance, diagnosis, and management of the condition. Through an examination of their epidemiology, common risk factors, underlying mechanisms, clinical consequences, and therapy methods, the purpose of this research study is to give a comprehensive review of the association between metabolic syndrome and non-alcoholic fatty liver disease (NAFLDs). This paper aims to enlighten physicians, researchers, and policymakers on the necessity of managing both disorders to improve patient outcomes and lessen the burden of metabolic liver disease [18]. This will be accomplished by understanding the intricate interplay that exists between metabolic syndrome and non-alcoholic fatty liver disease (NAFLD).

II. Method & Material

The materials and methods section outlines the study design, participants, data collection procedures, and statistical analyses employed to investigate the correlation between metabolic syndrome (MetS) and non-alcoholic fatty liver disease (NAFLD) incidence.

A. Study Design

This retrospective cohort study analyzed data from patients enrolled in a clinical intervention aimed at evaluating the impact of lifestyle modifications on MetS and NAFLD. The study spanned a period of three months, during which participants underwent dietary and behavioral interventions.

B. Participants

The study included adult patients diagnosed with both MetS and NAFLD. Inclusion criteria comprised individuals with central obesity, insulin resistance, dyslipidemia, and hypertension indicative of MetS, as well as hepatic steatosis confirmed by ultrasound or Elastosonographic suggestive of NAFLD. Exclusion criteria encompassed individuals with alcohol consumption exceeding recommended limits, viral hepatitis, autoimmune liver disease, and other liver disorders.

C. Data Collection

Baseline (T0) and follow-up data after three months (T1) were collected from medical records, including clinical, anthropometric, laboratory, and imaging parameters. Clinical

characteristics such as age, duration of obesity, and comorbidities were recorded. Anthropometric measurements included weight, body mass index (BMI), neck circumference, waist circumference, hip circumference, waist-to-hip ratio (WHR), and waist-to-height ratio (WhtR). Laboratory parameters comprised lipid profile (total cholesterol, HDL cholesterol, LDL cholesterol, triglycerides), fasting blood glucose (FBG), insulin levels, homeostasis model assessment of insulin resistance (HOMA-IR), liver enzymes (ALT, AST, γGT), and uric acid. Ultrasound and elastosonographic assessments were conducted to evaluate liver size, steatosis grade, and hepatic stiffness.

D. Statistical Analyses

Statistical analyses were performed using appropriate software (e.g., SPSS, R) with a significance level set at $p < 0.05$. Descriptive statistics summarized baseline characteristics and changes at T1. Continuous variables were expressed as mean ± standard deviation (SD) or median (interquartile range), while categorical variables were presented as frequencies and percentages. Paired t-tests or Wilcoxon signed-rank tests were used to compare baseline and follow-up measurements. Correlation analyses (e.g., Pearson correlation coefficient) assessed associations between MetS components, NAFLD parameters, and hepatic stiffness. Linear regression models explored the relationship between liver measurements and clinical-laboratory parameters at T0 and T1, adjusting for potential confounders.

E. Ethical Considerations:

The study protocol was approved by the institutional review board or ethics committee in accordance with ethical standards for human research. Informed consent was obtained from all participants prior to enrollment, ensuring voluntary participation and confidentiality of personal information.

F. Limitations

Limitations of the study included its retrospective design, potential selection bias, limited sample size, and short follow-up duration. Furthermore, the generalizability of findings may be limited to the study population and setting. Future research should address these limitations through prospective longitudinal studies with larger and more diverse cohorts, longer follow-up periods, and comprehensive assessments of lifestyle factors, genetic predisposition, and environmental influences on MetS and NAFLD incidence.

III. Clinical and Anthropometric Measurements

Following an overnight fast, patients were evaluated clinically and anthropometrically according to their measurements. Following the measurement of height in centimeters and weight in kilograms, the body mass index (BMI) was computed in kilograms per square meter. Additionally, the circumferences of the neck, waist, and hips were measured in cm in accordance with the criteria that were supplied by the World Health Organization. The measurements of the patients were rounded to the nearest 0.1 kilograms for weight and 0.5 centimeters for height. The patients were weighed without shoes and while wearing light clothing. An extendable centimeter tape was used to measure the circumference of the neck. The tape was extended from the middle of the cervical tract and passed posteriorly until it reached just below the laryngeal prominence. When the patient was standing and breathing normally, the waist circumference was measured at the spot that was exactly in the middle of the iliac crest and the xiphoid process. At the level of the greater trochanter, the circumference of the hip was measured accurately. In addition, the ratio of the waist to the hip circumference (WHR) and the ratio of the waist to the height (WhtR) were computed. Both systolic (SBP) and diastolic (DBP) blood pressure readings were acquired from the upper left arm of the subject after the subject had been sitting for fifteen minutes and had been placed in a seated position. The body impedance of each participant was measured with a Body Composition Analyzer (BIA) to determine their fat mass, lean mass, basal metabolism, and visceral fat. The levels of visceral fat were indicated on a scale that ranged from 1 to 59, with values that were greater than 13 indicating a higher risk.

Measurement	Baseline (T0)	3 Months (T1)	p-Value
Age (years)	49.00 ± 13.43	-	-
Duration of Obesity (years)	12.19 ± 12.02	-	-
SBP (mmHg)	149.42 ± 9.72	125.76 ± 12.05	<0.001
DBP (mmHg)	88.26 ± 6.62	78.26 ± 8.93	<0.001
γGT (U/L)	28.23 ± 15.58	23.65 ± 15.46	0.01
Weight (kg)	102.05 ± 17.87	94.853 ± 17.05	0.001
BMI (kg/m²)	39.17 ± 7.06	36.41 ± 6.80	0.001
Neck Circumference (cm)	39.76 ± 2.77	38.57 ± 3.03	0.001
Waist Circumference (cm)	121.50 ± 13.96	115.57 ± 14.20	0.001
Hip Circumference (cm)	123.73 ± 11.38	119.23 ± 11.56	0.001
WhtR	0.98 ± 0.09	0.97 ± 0.09	NS
Fat Mass (kg)	48.46 ± 11.09	43.91 ± 11.41	0.001
Visceral Fat (levels)	13.53 ± 3.19	12.03 ± 3.32	0.001

Table 1. Summarizes the Clinical and Anthropometric Measurements

IV. Pathophysiological Mechanisms

The pathophysiological mechanisms underlying the correlation between metabolic syndrome and non-alcoholic fatty liver disease (NAFLD) involve complex interplays between various factors including obesity, insulin resistance, adipokine dysregulation, and inflammatory processes.

A. **Obesity:** Obesity, particularly abdominal or visceral adiposity, is a central feature of both metabolic syndrome and NAFLD. Excess adipose tissue leads to increased release of free fatty acids into circulation, which contributes to insulin resistance and ectopic fat deposition in the liver.

B. **Insulin Resistance:** Insulin resistance is a hallmark of metabolic syndrome and plays a crucial role in the development of NAFLD. It promotes lipolysis in adipose tissue, resulting in increased delivery of fatty acids to the liver. Insulin resistance also impairs hepatic insulin

signaling pathways, leading to increased hepatic gluconeogenesis and de novo lipogenesis.

C. **Adipokine Dysregulation:** Adipose tissue secretes various adipokines, including adiponectin and leptin, which regulate insulin sensitivity and energy balance. In obesity, there is dysregulation of adipokine production, characterized by decreased adiponectin levels and increased leptin levels. This imbalance contributes to insulin resistance and promotes hepatic steatosis and inflammation.

D. **Inflammatory Processes:** Chronic low-grade inflammation is a common feature of both metabolic syndrome and NAFLD. Adipose tissue inflammation, characterized by infiltration of immune cells and increased production of pro-inflammatory cytokines, contributes to systemic inflammation and insulin resistance. Hepatic inflammation in NAFLD is driven by multiple factors, including lipotoxicity, oxidative stress, and activation of inflammatory pathways.

E. **Genetic and Environmental Factors:** Genetic predisposition and environmental factors also play significant roles in the pathogenesis of metabolic syndrome and NAFLD. Genetic polymorphisms related to lipid metabolism, insulin signaling, and inflammatory pathways influence individual susceptibility to these conditions. Environmental factors such as diet, physical inactivity, and exposure to toxins further exacerbate metabolic dysfunction and liver injury.

F. **Gut Microbiota Dysbiosis:** Emerging evidence suggests that alterations in gut microbiota composition and function contribute to the pathogenesis of metabolic syndrome and NAFLD. Dysbiosis of the gut microbiota disrupts gut barrier function, promotes metabolic endotoxemia, and modulates host energy metabolism and immune responses, thereby exacerbating metabolic dysfunction and liver inflammation.

The pathophysiological mechanisms linking metabolic syndrome and NAFLD involve intricate interactions between obesity, insulin resistance, adipokine dysregulation, inflammation, genetic predisposition, environmental factors, and gut microbiota dysbiosis. Understanding these mechanisms is crucial for developing effective preventive and therapeutic strategies for these closely related metabolic disorders.

V. Epidemiological Evidence

Epidemiological studies provide substantial evidence supporting the strong association between metabolic syndrome and non-alcoholic fatty liver disease (NAFLD). These studies have demonstrated a high prevalence of NAFLD among individuals with metabolic syndrome, highlighting the shared pathophysiological mechanisms and interconnected nature of these two conditions.

- Prevalence: Numerous population-based studies have consistently reported a high prevalence of NAFLD among individuals with metabolic syndrome. These studies, conducted in diverse populations worldwide, have shown that a significant proportion of individuals diagnosed with metabolic syndrome also exhibit evidence of hepatic steatosis on imaging studies such as ultrasonography or magnetic resonance imaging (MRI).
- Association with Obesity: Obesity, particularly central or visceral adiposity, is a common feature of both metabolic syndrome and NAFLD. Epidemiological data indicate that the prevalence of NAFLD increases significantly with increasing body mass index (BMI) and waist circumference, key components of metabolic syndrome criteria. Moreover, individuals with metabolic syndrome are more likely to have severe hepatic steatosis and progress to non-alcoholic steatohepatitis (NASH) and advanced fibrosis.
- Cardiovascular Risk: Metabolic syndrome and NAFLD are both independent risk factors for cardiovascular disease (CVD). Epidemiological evidence suggests that individuals with NAFLD and metabolic syndrome have a significantly higher risk of developing cardiovascular events such as coronary artery disease, stroke, and myocardial infarction compared to those without these conditions. This increased cardiovascular risk is thought to be mediated by shared metabolic abnormalities, including insulin resistance, dyslipidemia, and systemic inflammation.
- Impact on Public Health: The co-occurrence of metabolic syndrome and NAFLD represents a significant public health burden due to their high prevalence, association with obesity and insulin resistance, and increased risk of cardiovascular morbidity and mortality. Epidemiological studies underscore the need for early detection and comprehensive management of metabolic syndrome and NAFLD to prevent disease progression and reduce the burden of associated complications.

VI. Result & Discussion

The clinical-anthropometric evaluation conducted in this study revealed significant associations between metabolic syndrome and non-alcoholic fatty liver disease (NAFLD), shedding light on the interconnected nature of these two conditions and their impact on various health parameters. Baseline Characteristics: At baseline (T0), the study participants exhibited typical features associated with metabolic syndrome and NAFLD, including elevated BMI, waist circumference, and visceral fat levels. The average age of the subjects was 49.00 years, with an average duration of obesity of 12.19 years.

A. Analysis of Clinical & Baseline Anthropometric Characteristics

Parameter	Baseline (Mean ± SD)	3-Month Follow-up (Mean ± SD)	p-Value
Age (years)	49.00 ± 13.43		
Duration of obesity (years)	12.19 ± 12.02		
Weight (kg)	102.05 ± 17.87	94.853 ± 17.05	<0.001
BMI (kg/m^2^)	39.17 ± 7.06	36.41 ± 6.80	<0.001
Neck circumference (cm)	39.76 ± 2.77	38.57 ± 3.03	<0.001
Waist circumference (cm)	121.50 ± 13.96	115.57 ± 14.20	<0.001
Hip circumference (cm)	123.73 ± 11.38	119.23 ± 11.56	<0.001
WHR	0.98 ± 0.09	0.97 ± 0.09	NS

WhtR	0.75 ± 0.09	0.71 ± 0.09	<0.001
Fat Mass (kg)	48.46 ± 11.09	43.91 ± 11.41	<0.001
Visceral Fat (levels)	13.53 ± 3.19	12.03 ± 3.32	<0.001
SBP (mmHg)	149.42 ± 9.72	125.76 ± 12.05	<0.001
DBP (mmHg)	88.26 ± 6.62	78.26 ± 8.93	<0.001

Table 2. Summarizes the Analysis of Clinical & Baseline Anthropometric Characteristics

Following three months of lifestyle modifications, significant improvements were observed in various anthropometric and metabolic parameters. These improvements included significant weight loss, reduction in BMI, waist circumference, and visceral fat levels. Additionally, there was a marked decrease in blood pressure (both systolic and diastolic), indicating improved cardiovascular health.

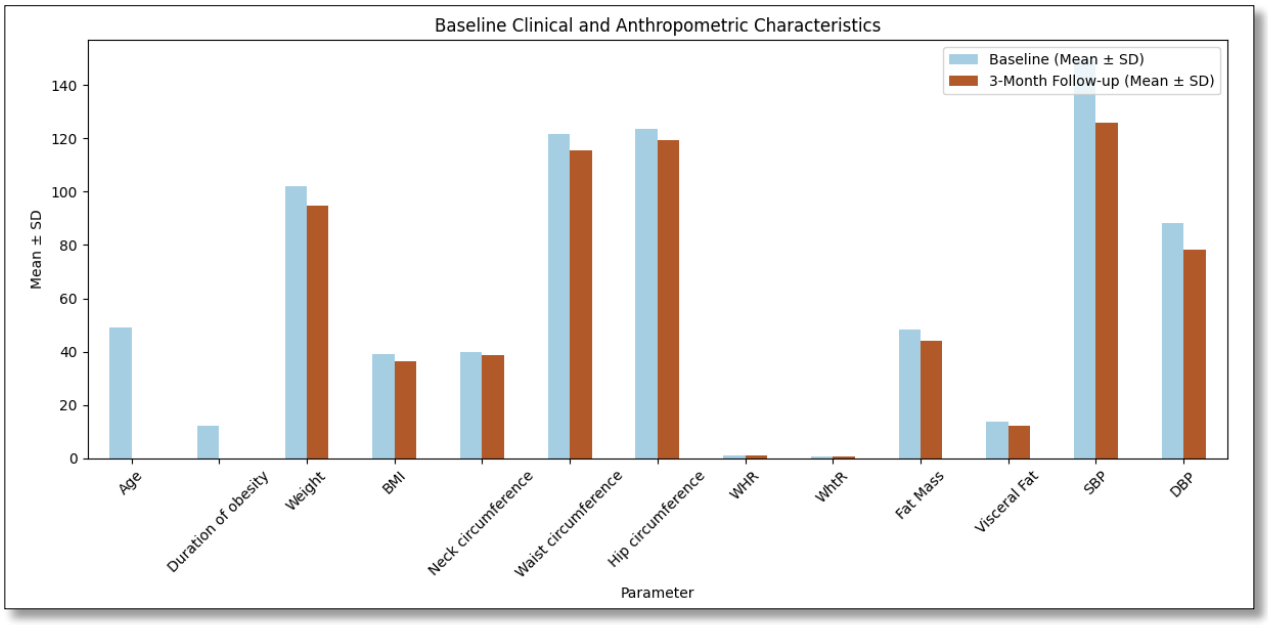

Figure 2. Graphical Representation of Analysis of Clinical & Baseline Anthropometric Characteristics

The study also reported significant decreases in laboratory parameters associated with metabolic syndrome and NAFLD, including total cholesterol, LDL cholesterol, triglycerides, fasting blood glucose, insulin levels, and HOMA-IR index. These findings suggest a positive impact of lifestyle modifications on metabolic health and insulin sensitivity.

B. **Corelative Laboratory Data Variable Analysis**

Parameter	**Baseline (Mean ± SD)**	**3-Month Follow-up (Mean ± SD)**	**p-Value**
Total Cholesterol (mg/dL)	234.38 ± 25.77	182.30 ± 28.59	<0.001
HDL Cholesterol (mg/dL)	49.80 ± 12.89	50.00 ± 12.24	NS
Triglycerides (mg/dL)	183.46 ± 67.52	137.19 ± 42.81	<0.001
LDL cholesterol (mg/dL)	147.88 ± 30.57	104.86 ± 29.77	<0.001
FBG (mg/dL)	124.96 ± 14.00	102.30 ± 12.63	<0.001
Blood Glucose 1200 (mg/dL)	163.11 ± 28.05	135.61 ± 21.60	<0.001
Insulin (µU/mL)	21.65 ± 14.28	16.00 ± 9.73	<0.001
HOMA Index	6.72 ± 4.50	4.12 ± 2.75	<0.001
ALT (U/L)	21.76 ± 8.49	20.46 ± 7.57	NS
AST (U/L)	29.80 ± 15.38	28.46 ± 15.26	NS
γGT (U/L)	28.23 ± 15.58	23.65 ± 15.46	0.01
Uric Acid (mg/L)	5.50 ± 1.03	5.43 ± 0.91	NS

Table 3. Summarizes the Corelative Laboratory Data Variable for Identifying the Correlation Between Metabolic syndrome and NAFLD

The study noted a gender disparity in the sample population, with women being less represented in medical studies. However, this gender disparity also presented an opportunity to explore the impact of lifestyle modifications on liver health in women with metabolic syndrome and NAFLD.

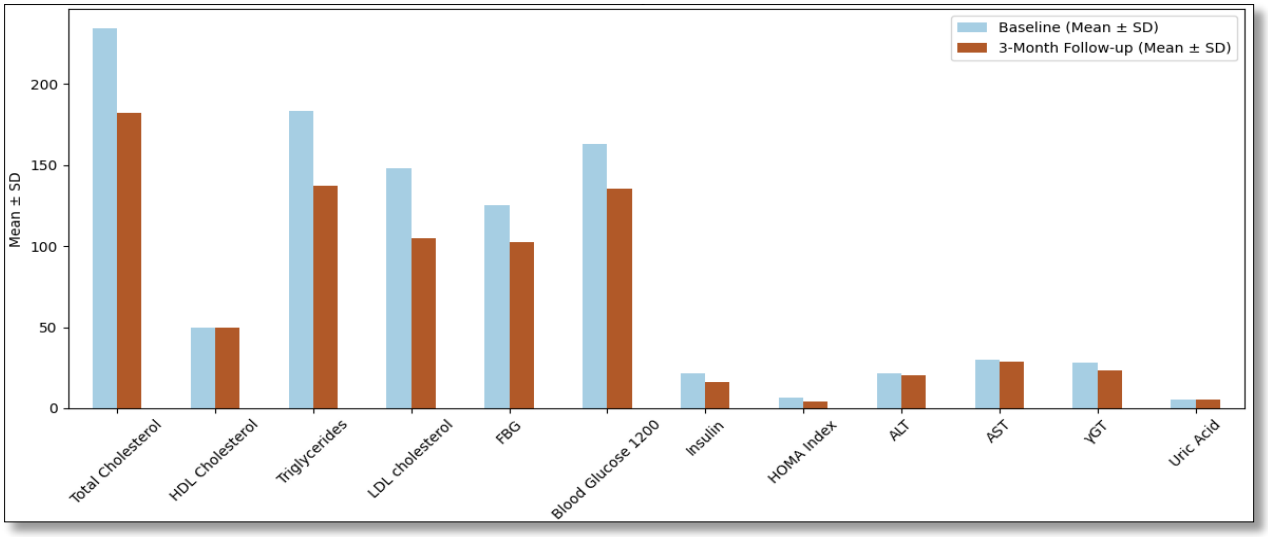

Figure 3. Graphical Representation of Corelative Laboratory Data Variable for Identifying the Correlation Between Metabolic syndrome and NAFLD

Epidemiological studies have shown that insulin resistance, as assessed by indices such as the homeostasis model assessment of insulin resistance (HOMA-IR), is a key predictor of hepatic steatosis and disease progression in NAFLD. Similarly, dyslipidemia characterized by elevated triglycerides, low high-density lipoprotein (HDL) cholesterol, and increased levels of small dense low-density lipoprotein (LDL) particles is commonly observed in individuals with both metabolic syndrome and NAFLD.

C. Evaluation of Ultrasound and Elastosonographic Parameters

Ultrasonographic and Elastosonographic measurements revealed improvements in liver size and steatosis grade following the intervention. Despite these improvements, NAFLD remained present in a subset of subjects, highlighting the complex nature of the disease and the need for sustained lifestyle modifications. Linear regression analysis documented significant correlations between liver measurements and various anthropometric and laboratory parameters at baseline and after three months. These correlations underscored the interplay between obesity, insulin resistance, and liver dysfunction in individuals with metabolic syndrome and NAFLD.

Parameter	Baseline (Mean ± SD)	3-Month Follow-up (Mean ± SD)	p-Value
Liver size (cm)	15.26 ± 2.15	14.60 ± 2.16	NS
Grade of steatosis (1–4)	2.73 ± 0.86	2.38 ± 0.84	0.01
kPa (kiloPascal)	4.69 ± 1.04	3.89 ± 0.80	<0.001

Table 4. Summarizes the Ultrasound and Elastosonographic Parameters Analysis

The findings of this study highlight the importance of lifestyle modifications, including dietary changes and increased physical activity, in the management of metabolic syndrome and NAFLD. Non-invasive ultrasonographic and Elastosonographic techniques were identified as valuable tools for evaluating liver involvement and monitoring treatment outcomes.

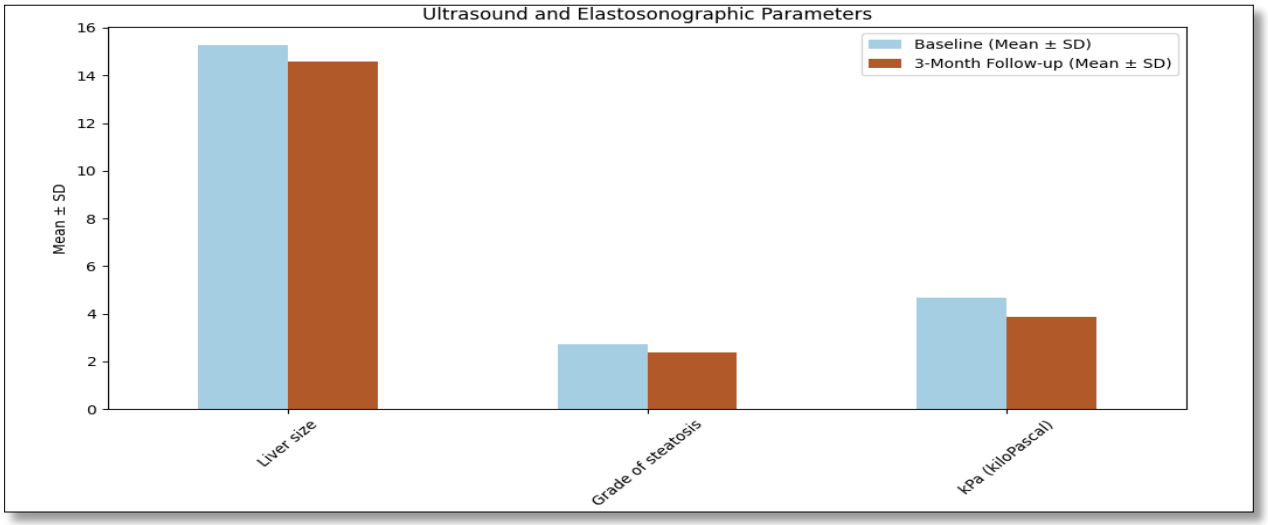

Figure 4. Graphical Representation of Ultrasound and Elastosonographic Parameters Analysis Identifying the Correlation Between Metabolic syndrome and NAFLD

The results and observations from this study provide valuable insights into the relationship between metabolic syndrome and NAFLD, emphasizing the potential benefits of lifestyle modifications in improving metabolic health and liver function. Further research is warranted to validate these findings and develop targeted therapeutic strategies for individuals with metabolic syndrome and NAFL

VII. Conclusion

Metabolic Syndrome and Non-Alcoholic Fatty Liver Disease are closely intertwined conditions sharing common pathophysiological mechanisms. Understanding the correlation between these two conditions is essential for effective management and prevention strategies. Addressing metabolic risk factors through lifestyle modifications and early detection strategies is crucial for reducing the burden of MetS and NAFLD on public health. In conclusion, metabolic syndrome (MetS) is closely associated with cardiovascular disease (CVD) and type 2 diabetes mellitus (T2DM), both of which are predominantly characterized by insulin resistance (IR). Insulin resistance (IR) can be caused by non-alcoholic fatty liver disease (NAFLD), which frequently occurs in conjunction with metabolic syndrome (MetS). Additionally, the presence of metabolic syndrome and type 2 diabetes leads to an acceleration in the development from non-alcoholic fatty liver (NAFL) to non-alcoholic steatohepatitis (NASH), which in turn leads to an increase in the rates of morbidity and death. In order to provide effective patient care and reduce the associated morbidity, early identification of nonalcoholic fatty liver disease (NAFLD) is essential. Although liver biopsy continues to be the gold standard for diagnosing non-alcoholic fatty liver disease (NAFLD), the fact that it is an invasive procedure makes it necessary to develop and implement non-invasive methods. Among them are imaging-based biomarkers such as transient elastography (TE), acoustic radiation force impulse imaging (ARFI), shear wave elastography (SWE), and magnetic resonance elastography (MRE). Serum biomarkers such as APRI, FIB-4, NFS, BARD SCORE, FT, and ELF are also included in this category. There is reason to be optimistic about these non-invasive approaches for diagnosing and monitoring non-alcoholic fatty liver disease (NAFLD), as they allow for more widespread deployment and better patient outcomes.

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