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Non-alcoholic fatty liver disease (NAFLD)

EASL-EASD-EASO

Source

. (2016). *EASL-EASD-EASO Clinical Practice Guidelines for the management of non-alcoholic fatty liver disease* *Journal of Hepatology*, vol. 64 (6), 1388-1402.

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NAFLD is characterised by excessive hepatic fat accumulation, associated with insulin resistance (IR), and defined by the presence of steatosis in > 5% of hepatocytes according to histological analysis or by a proton density fat fraction (providing a rough estimation of the volume fraction of fatty material in the liver) > 5.6% assessed by proton magnetic resonance spectroscopy (^1H -MRS) or quantitative fat/water selective magnetic resonance imaging (MRI). NAFLD includes two pathologically distinct conditions with different prognoses: non-alcoholic fatty liver (NAFL) and non-alcoholic steatohepatitis (NASH); the latter covers a wide spectrum of disease severity, including fibrosis, cirrhosis and hepatocellular carcinoma (HCC).