



The Diagnosis and Management of Nonalcoholic Fatty Liver Disease: Practice Guidance From the American Association for the Study of Liver Diseases

In January 2018 AASLD published an update to the NAFLD practice guideline. <https://aasldpubs.onlinelibrary.wiley.com/doi/full/10.1002/hep.29367>. These evidence-based guidelines are developed and updated regularly by a committee of experts and include recommendations of preferred approaches to the diagnostic, therapeutic and preventative aspects of care. This practice guidance is intended for use by physicians and other health professionals. As clinically appropriate, guidance statements should be tailored for individual patients. Specific guidance statements are evidence based whenever possible, and, when such evidence is not available or is inconsistent, guidance statements are made based on the consensus opinion of the authors.

The updated NAFLD guideline reviews the importance of defined common terminology. It also offers an overview of the disease incidence and prevalence both in the US as well as worldwide. Natural history and important outcomes are also highlighted, especially as NAFLD impacts more than liver-specific outcomes. The guideline helps define populations for screening but also highlights the difficulty in recommending systemic screening, even in those at higher risk for negative outcomes. The document guides a clinician through evaluation of a patient with suspected NAFLD including staging and noninvasive assessment. Lastly the guideline defines groups for therapy and discusses potential treatment options.

Please listen to Dr. Arun Sanyal discuss.

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