



Fatty Liver Disease: A Silent Epidemic

Additional Questions and Answers

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Question What are the effects of fatty liver disease on testosterone and fertility in men?

Answer Men with fatty liver have been shown to have lower total testosterone. The association remains significant even after adjusting for age, ethnicity, sex, waist to hip ratio, hypertension, current smoking status, and total cholesterol.¹

Question At what point is cirrhosis imminent on fibroscan findings?

Answer Using a cut-off value of 17.6 kPa, patients with cirrhosis were detected with a positive predictive value and a negative predictive value (NPV) of 90%.

Question Are there specific recommendations for Vitamin E?

Answer There is some data supporting the use of Vitamin E in patients without diabetes.

Question Clinically significant behavioral health diagnoses (depression, anxiety, binge eating disorder, and serious mental illness) are more prevalent in people with metabolic dysfunction-associated steatotic liver disease (MASLD) than in those without. What recommendations do you have for behavioral health providers working with patients with MASLD?

Answer MASLD is a disease where holistic care is really needed. We cannot focus on a patient's diabetes without also focusing on their dyslipidemia. The same is true for mental health. Management of this is crucial as it will allow the patient to follow through on their other treatment regimens. I would recommend screening patients for behavioral health concerns and connecting them with the appropriate providers earlier in the health journey.

The U.S. Food and Drug Administration (FDA) recently approved resmetirom in conjunction with diet and exercise for the treatment of adults with noncirrhotic nonalcoholic steatohepatitis (NASH) with moderate to advanced liver fibrosis (consistent with stages F2 to F3 fibrosis).²

References

1. Polyzos SA, Kountouras J, Tsatsoulis A, et al. Sex steroids and sex hormone-binding globulin in postmenopausal women with nonalcoholic fatty liver disease. *Hormones (Athens)*. 2013;12(3):405-16. doi: 10.1007/BF03401306.
2. Madrigal Pharmaceuticals. Madrigal Pharmaceuticals Announces FDA Approval of Rezdiffra™ (resmetirom) for the Treatment of Patients with Noncirrhotic Nonalcoholic Steatohepatitis (NASH) with Moderate to Advanced Liver Fibrosis. <https://ir.madrigalpharma.com/news-releases/news-release-details/madrigal-pharmaceuticals-announces-fda-approval-rezdiffratm>. Published March 14, 2024. Accessed March 15, 2024.