Pre-EPSONIP - Prevalence and Administration of NAFLD in Primary Care: Förekomst och Handläggning av Fettleversjukdom i Primärvård.

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Tack även till Martin Bergram som bidragit till uppkomsten av denna rapport.

Abstract

Non-alcoholic fatty liver disease (NAFLD) is the most common liver disease in the western world, with a estimated prevalence of about 25%. Yet the vast majority of these patients are unknown to the public healthcare system. NAFLD can progress into fibrosis witch is associated with increased mortality in liverrelated and cardiovascular diseases. This study wanted to answer the question of prevalence at a primary care unit in Söderköping, Sweden and how General pracitioners administrate NAFLD-patients. 100 randomized patients with diabetes type 2 had their journals examined retrospectiv, data was collected and processed using validated algoritms för evaluating the risk of steatosis and advanced fibrosis. When data was incomplete, witch was fairly common (algoritms for steatosis 38% and for fibrosis 43%), risk couldn`t be calculated. 58% had a high risk of suffering from steatosis, and nearly 6% from advanced fibrosis. When evaluating existing image diagnostics, 10% exhibits signs of steatosis but it was mentioned in only half the cases by the GP:s without recieving the proper diagnos. Further studies are necessary to select patients with elevated risk of progressing into fibrosis to reduce associated morbidity and mortality.