

Table 1. Baseline characteristics of men with biopsy-proven NAFLD, stratified by median weight-adjusted appendicular skeletal muscle mass (ASM%)

	Total cohort n=401	ASM% >30.6 n=200	ASM% ≤ 30.6 n=201	p-value
Demographics				
Age (years)	38.8 ± 11.9	41.1 ± 11.2	36.4 ± 12.2	<0.001
Diabetes, n (%)	116 (28.9)	59 (29.5)	57 (28.4)	0.801
Hypertension, n (%)	153(38.2)	72 (36.0)	81 (40.3)	0.376
BMI, kg/m ²	27.1 ± 3.4	25.2 ± 2.5	29.0± 3.2	<0.001
ASM%	31.0 ±3.0	32.9 ±2.2	28.8 ± 1.8	<0.001
Laboratory parameters				
HbA1c, %	6.1 ± 1.4	6.2 ± 1.5	6.0 ± 1.3	0.317
Fasting glucose, mmol/L	5.6 ± 1.4	5.5 ± 1.3	5.7 ± 1.6	0.290
HOMA-IR score	5.9 ± 9.7	4.5 ± 5.4	7.2 ± 12.5	0.006
Platelet count, ×10 ⁹ /L	242.9 ± 59.8	241.3 ± 64.1	244.6 ± 55.2	0.582
Albumin, g/dL	46.6 ± 3.9	46.4 ± 3.7	46.7 ± 4.1	0.365
AST, IU/L	82.1 ± 72	66.4 ± 67	97.7 ± 74	<0.001
ALT, IU/L	47.1 ± 33	40.0 ± 29	54.1 ± 35	<0.001
GGT, IU/L	78.2 ± 77	70.2 ± 75	86.1 ± 79	0.039
ALP, IU/L	87.5 ± 34	84.7 ± 28	90.3 ± 39	0.102
Creatinine, µmol/L	72.4 ± 12.0	74.0 ± 11.8	70.9 ± 12.1	0.009
Uric acid, µmol/L	421.7 ± 100.7	399.0 ± 89.9	444.4 ± 105.9	<0.001
Triglycerides, mmol/L	2.44± 2.03	2.49 ± 2.55	2.39 ± 1.33	0.624
Total cholesterol, mmol/L	5.17 ±1.17	5.04 ± 1.13	5.29 ± 1.19	0.029
HDL-cholesterol, mmol/L	0.97 ± 0.20	0.97 ± 0.20	0.98 ± 0.19	0.688
LDL-cholesterol, mmol/L	3.12 ± 0.91	3.01 ± 0.88	3.22 ± 0.94	0.019
Total bilirubin, µmol/L	14.7 ± 6.8	14.7 ± 6.7	14.7 ± 6.9	0.972
Direct bilirubin, µmol/L	5.2 ± 2.6	5.2 ± 2.6	5.24± 2.6	0.973
Indirect bilirubin, µmol/L	9.5 ± 4.7	9.5 ± 4.6	9.5 ± 4.9	0.983
CK-18 (M30), IU/L	344.14 ± 621.2	244.0 ± 564.5	444.3 ± 659.4	0.002
CK-18 (M65), IU/L	552.8± 979.0	314.8 ± 443.6	790.8 ± 1269.3	<0.001
Genotype, n (%)				
<i>PNPLA3 rs738409</i>				0.591
CC	114 (29.9)	62 (32.3)	52 (27.5)	
CG	188 (49.3)	92 (47.9)	96 (50.8)	
GG	79(20.7)	38 (19.8)	41 (21.7)	
Liver histology features				
Steatosis score	1.74± 1.05	1.44 ± 1.03	2.03 ± 0.97	<0.001
Hepatocyte ballooning	1.20± 0.64	1.18 ± 0.60	1.21 ± 0.68	0.708

score				
Lobular inflammation	1.17± 0.53	1.06 ± 0.48	1.28 ± 0.55	<0.001
score				
Fibrosis score	1.02 ± 0.84	0.90 ± 0.78	1.14 ± 0.88	0.004
NAS score	4.10± 1.52	3.68 ± 1.42	4.52 ± 1.50	<0.001
Steatosis grade (%)				<0.001
Mild steatosis (<2)	184(45.9)	119 (59.5)	65 (32.3)	
Severe steatosis (≥2)	217 (54.1)	81 (40.5)	136 (67.7)	
Hepatocyte ballooning (%)				0.175
Mild ballooning (<2)	272 (67.8)	142 (71.0)	130 (64.7)	
Severe ballooning (≥2)	129 (32.2)	58 (29.0)	71 (35.3)	
Lobular inflammation (%)				<0.001
Mild inflammation (<2)	320 (79.8)	173 (86.5)	147 (73.1)	
Severe inflammation (≥2)	81(20.2)	27 (13.5)	54 (26.9)	
Liver fibrosis (≥F1 stage)	292 (72.8)	134 (67.0)	158 (78.6)	0.009
Significant fibrosis (≥F2 stage)	93 (23.2)	40 (20.0)	53 (26.4)	0.131
Definite NASH	160 (39.9)	51 (25.5)	109 (54.2)	<0.001

Data are expressed as means ± SD, or absolute and relative proportions.

Abbreviations: BMI, body mass index; ASM%, weight-adjusted appendicular skeletal muscle; HbA1c, hemoglobin A1c; HOMA-IR, homeostasis model assessment-insulin resistance; AST, aspartate aminotransferase; ALT, alanine aminotransferase; GGT, γ-glutamyl transpeptidase; ALP, alkaline phosphatase; HDL, high-density lipoprotein; LDL, low-density lipoprotein; CK-18, cytokeratin-18; PNPLA3, patatin-like phospholipase domain-containing 3; NAS, NAFLD activity score; NASH, nonalcoholic steatohepatitis.