

Hepatic steatosis in adults

(detected either by liver biopsy, imaging methods, or blood-based biomarkers/scores)



in the *absence* of other causes of steatosis

1. Significant alcohol consumption

(defined as alcohol intake >20 g/day for women and >30 g/day for men)

2. Chronic viral hepatitis B or C

3. Other specific causes for hepatic steatosis

- Drug-induced hepatitis
- Autoimmune hepatitis
- Hemochromatosis
- Wilson's disease
- Alpha 1 anti-trypsin deficiency
- Malnutrition
- Coeliac disease
- Overt hypothyroidism
- Other secondary causes of steatosis



NAFLD

(Non-alcoholic fatty liver disease)



in the *presence* of at least one of these three metabolic conditions

1. Overweight or obesity: BMI ≥ 25 kg/m² in Caucasians or BMI ≥ 23 kg/m² in Asians

2. Type 2 diabetes mellitus

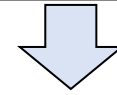
3. At least two out of seven metabolic abnormalities:

- Waist circumference $\geq 102/88$ cm in Caucasian men and women (or ethnic adjusted criteria)
- Prediabetes (i.e., fasting glucose 5.6 to 6.9 mmol/L, or 2-hour post-load glucose 7.8 to 11.0 mmol/L, or hemoglobin A1c 39 to 47 mmol/mol)
- Blood pressure $\geq 130/85$ mmHg or specific drug treatment
- Plasma triglycerides ≥ 1.70 mmol/L (150 mg/dL) or lipid-lowering treatment
- Plasma HDL-cholesterol < 1.0 mmol/L (40 mg/dL) for men and < 1.3 mmol/L (50 mg/dL) for women or lipid-lowering treatment
- HOMA-insulin resistance score ≥ 2.5
- High-sensitivity C-reactive protein concentration > 2 mg/L



MAFLD

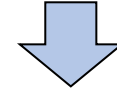
(Metabolic dysfunction-associated fatty liver disease)



in the *absence* of other causes of steatosis **BUT** in the *presence* of

At least one out of five metabolic abnormalities:

- Overweight or obesity: BMI ≥ 25 kg/m² in Caucasians (BMI ≥ 23 kg/m² in Asians), or waist circumference $\geq 94/80$ cm in Caucasian men and women, or ethnic adjusted criteria
- Fasting glucose ≥ 5.6 mmol/L (100 mg/dL), or 2-hour post-load glucose ≥ 7.8 mmol/L (140 mg/dL), or hemoglobin A1c ≥ 39 mmol/mol (5.7%), or type 2 diabetes mellitus or treatment for type 2 diabetes
- Blood pressure $\geq 130/85$ mmHg or specific drug treatment
- Plasma triglycerides ≥ 1.70 mmol/L (150 mg/dL) or lipid-lowering treatment
- Plasma HDL-cholesterol < 1.0 mmol/L (40 mg/dL) for men and < 1.3 mmol/L (50 mg/dL) for women or lipid-lowering treatment



MASLD

(Metabolic dysfunction-associated steatotic liver disease)