Pocket Guide for MASLD/MASH: Risk Evaluation & Beyond

MASLD/MASH are a key global health issues that requires a comprehensive and multifactorial approach.

**MASLD:**
Liver disease characterized by the accumulation of fat in the liver in people with metabolic risk factors.

**MASH:**
More advanced liver disease characterized by the presence of inflammation and cellular injury, with or without fibrosis, which can lead to cirrhosis.

**ADA & AASLD Guidelines**
Patients with the following comorbidities and risk factors should be considered for screening/risk stratification for MASLD/MASH.

**Metabolic risk factors, including**
- Central obesity
- Elevated serum triglycerides
- Reduced high-density lipoprotein cholesterol
- Family history of cirrhosis
- Hypertension
- Prediabetes
- T2D
- Steatosis

**Risk Stratification Algorithm for MASLD/MASH**
Objective: Identify patients who are NOT likely to have advanced fibrosis.

1. **Primary risk assessment (FIB-4)**
   - **Low risk**
     - Repeat every 1-2 years
   - **Indeterminant risk**
     - VCTE or ELF
   - **High risk**
     - Repeat every 1-2 years

   Patient in low risk categories can be managed in endocrinology (or primary care) settings.

   Refer to gastroenterologist or hepatologist.
Pocket Guide for MASLD/MASH: Risk Evaluation & Beyond

Additional Resources

**Primary Care Provider/ Endocrinology**
- Initial risk stratification with FIB-4 +/- secondary testing
- Management of metabolic comorbidities with preferential use of medications with potential MASLD benefit
- Assessment of other endocrine drivers if indicated
- Lifestyle changes

**Gastroenterology/ Hepatology**
- Comprehensive liver risk stratification
- Liver-directed therapies
- Identification of additional comorbidities
- Management of advanced fibrosis
- Clinical trial opportunities as available

**Nutrition/ Lifestyle Intervention**
- Assessment of dietary habits
- Development of dietary plan.goals
- Identification of barriers
- Referral for behavioral intervention if needed
- Prescriptive follow up and management plan

**Practice Guidelines**
- American Diabetes Association (ADA)
- American Association for the Study of Liver Disease (AASLD)
- American Association of Clinical Endocrinology (AACE)
- American Gastroenterological Association (AGA)

**Other Recommended Resources**
- ADA Standards of Care App
- AGA Let’s Smash NASH! Clinical Care Pathway App
- Global Liver Institute: NutriStyle App
- Global Liver Institute: 2023 International NASH Day report
- Global Liver Institute: NAFLD/NASH in Lean Individuals
- Updated Nomenclature