

REDEFINING MASLD/MASH CARE:

Personalized Strategies for Assessment, Diagnosis and Management



in partnership with



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

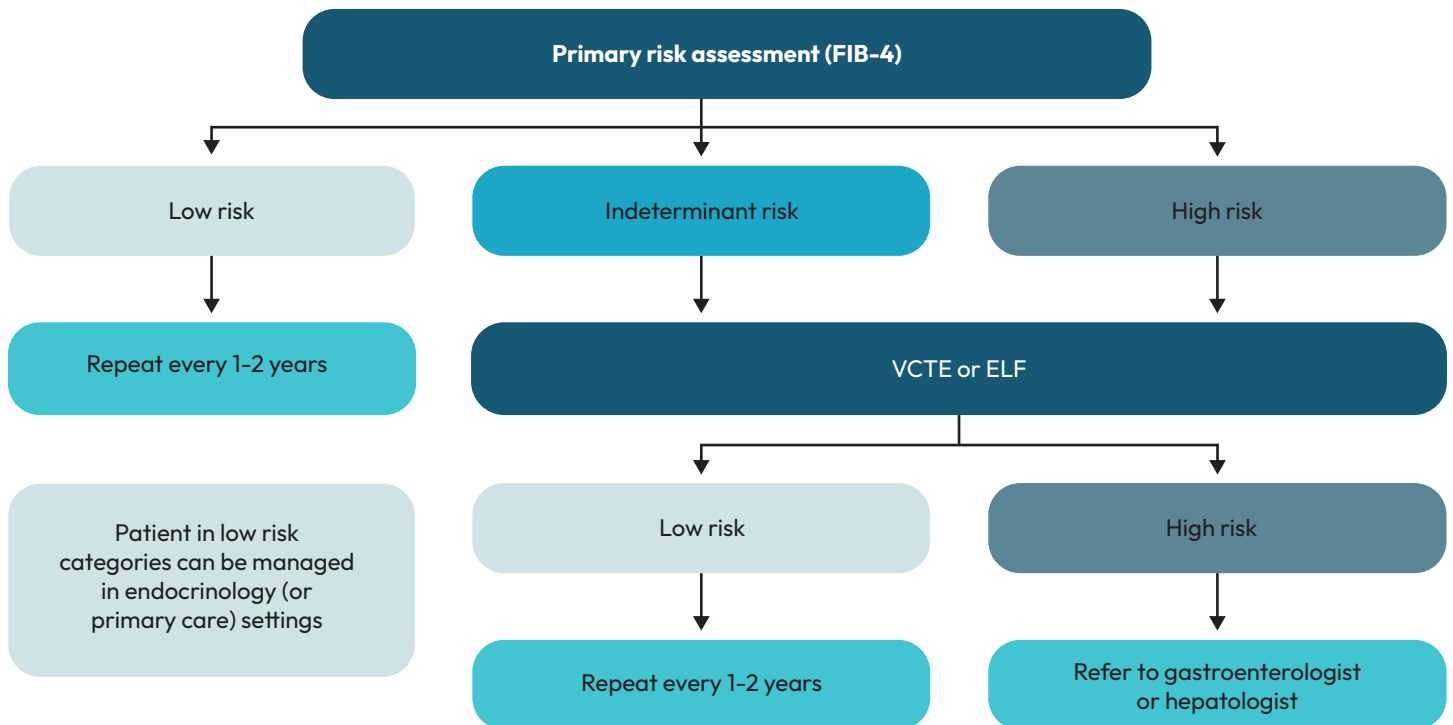
Patients with the following comorbidities and risk factors should be considered for screening/risk stratification for MASLD/MASLD

Metabolic risk factors, including

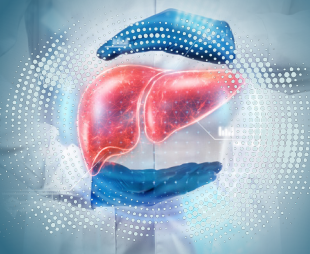
- Central obesity
- Elevated serum triglycerides
- Reduced high-density lipoprotein cholesterol
- Family history of cirrhosis
- Hypertension
- Prediabetes
- T2D
- Steatosis

Risk Stratification Algorithm for MASLD/MASH

Objective: Identify patients who are NOT likely to have advanced fibrosis



ELF, enhanced liver fibrosis; FIB-4; fibrosis-4 index; MASH, metabolic dysfunction-associated steatohepatitis; MASLD, Metabolic dysfunction-associated steatotic liver disease; T2D, Type 2 Diabetes; VCTE, vibration-controlled transient elastography
 Clark JM, Cryer DRH, Morton M, Shubrook JH. Nonalcoholic fatty liver disease from a primary care perspective. *Diabetes Obes Metab.* 2023;25(6):1421-1433. doi:10.1111/dom.15016; ElSayed NA, Aleppo G, Aroda VR, et al., American Diabetes Association. 4. Comprehensive medical evaluation and assessment of comorbidities: Standards of Care in Diabetes—2023. *Diabetes Care* 2023;46(Suppl. 1): S49–S67.2; Rinella ME, Neuschwander-Tetri BA, Siddiqui MS, et al. AASLD Practice Guidance on the clinical assessment and management of nonalcoholic fatty liver disease. *Hepatology.* 2023;77(5):1797-1835. doi:10.1097/HEP.0000000000000323



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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

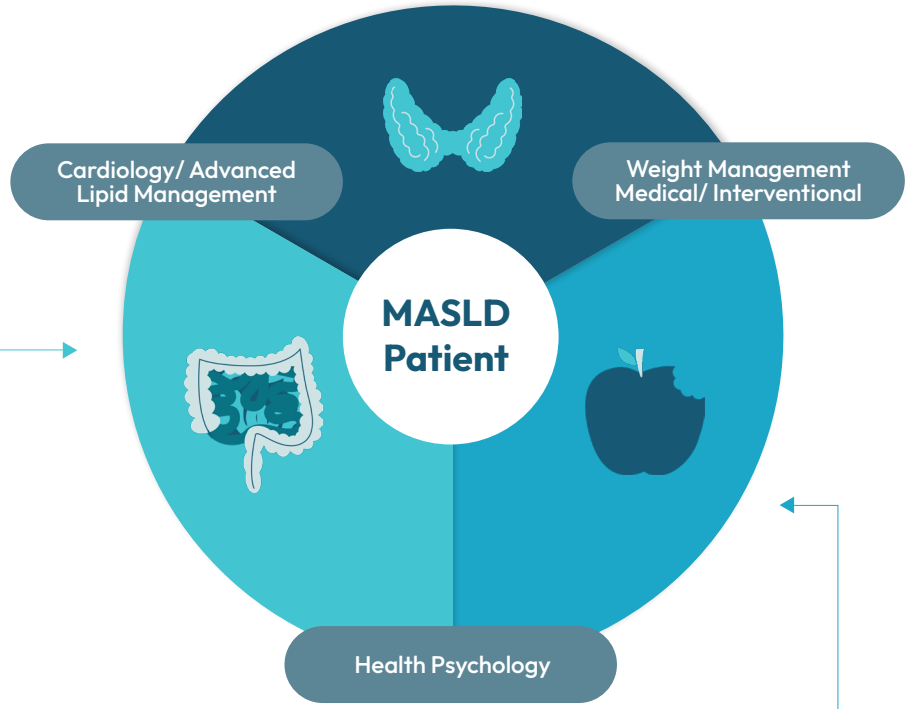
Gastroenterology/ Hepatology

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](#)