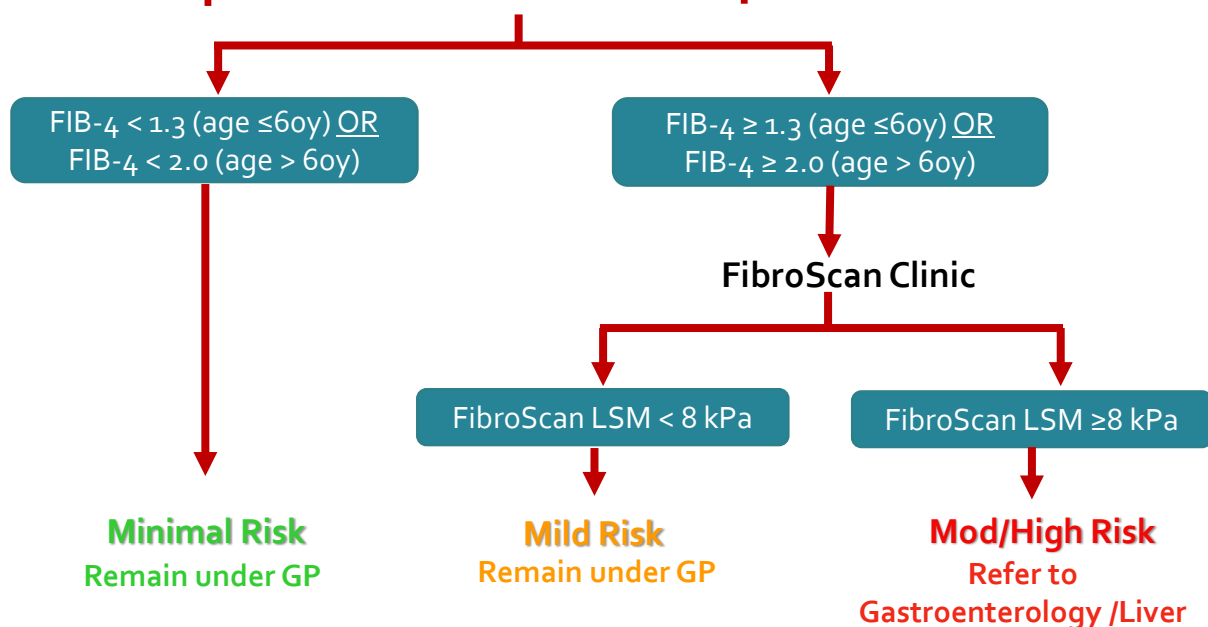


Metabolic-Associated Fatty Liver Disease (MAFLD, previously NAFLD)

Step One: Consider MAFLD assessment if:

- FATTY LIVER reported on ultrasound; OR
- AST/ALT >ULN on TWO readings THREE months apart
and
other causes for liver dysfunction excluded,
and any of:
 - Type II Diabetes Mellitus or
 - Overweight or obese* or
 - Metabolic syndrome**

Step Two: Calculate FIB-4 Score



- Optimise metabolic risk factors
- Re-test FIB-4 every 2 yrs
- Refer for repeat FibroScan if FIB-4 ≥ 1.3 (age ≤ 60y) OR FIB-4 ≥ 2.0 (age > 60y)

- Optimise metabolic risk factors
- Repeat FibroScan every 5 years
- Refer if LSM ≥ 8 kPa

- Secondary care develop follow-up plan, including HCC surveillance

* BMI ≥ 23 kg/m² in Asians BMI ≥ 25 kg/m² in non-Asians

** Metabolic syndrome:

Increased waist circumference

- European >102cm men; >88cm women
- Polynesian >102cm men; >88cm women
- South Asian >90cm men; >80 cm women

and at least 2 of following:

- Hypertension: BP ≥130/85 mmHg OR antihypertensive therapy
- Dyslipidemia: -Triglycerides ≥1.7 mmol/L
- HDL-cholesterol <1.0 mmol/L for men and <1.3 mmol/L for women
- On lipid lowering therapy
- Prediabetes :HbA1c ≥39 mmol/mol or Elevated Fasting blood glucose >5.5 mmol/L