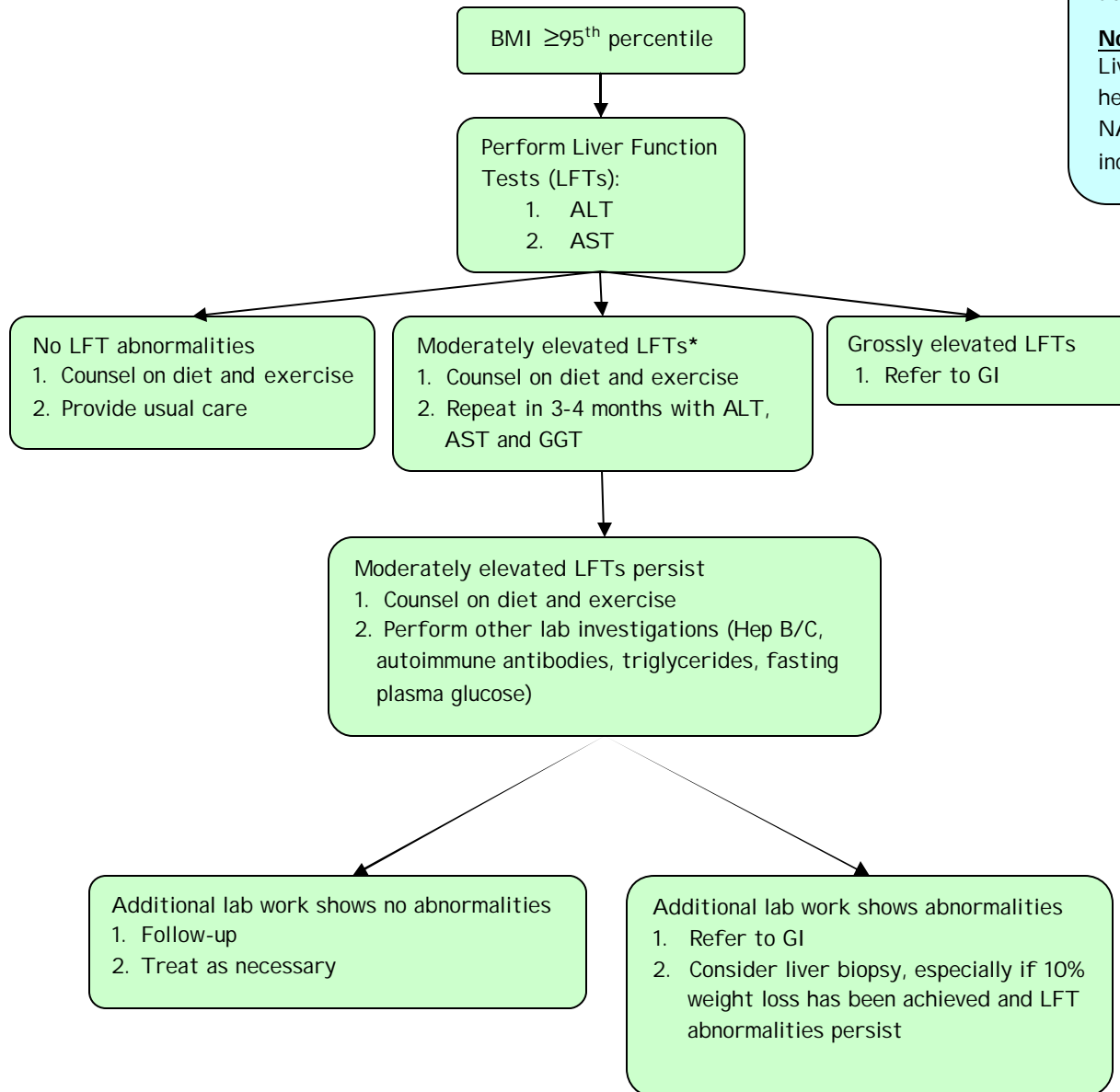


Screening for Liver Abnormalities



Non-alcoholic fatty liver disease (NAFLD):
Encompasses a range of liver histology in the absence of chronic alcohol use.

Non-alcoholic Steatohepatitis (NASH):
Liver histology is consistent with alcoholic hepatitis, but is not due to excessive alcohol use. NASH is a more advanced form of NAFLD and includes inflammation and liver cell injury.

Risk factors for NASH in children:

1. Obesity
2. Diabetes
3. Insulin resistance
4. Hispanic children
5. Asian children
6. Males > females

Clinical markers of NASH in children:

1. Mild/moderate elevations in ALT and AST *(usually 4 times greater than normal values)
2. ALT >AST indicative of NASH (AST >ALT may indicate fibrosis or progressive disease)
3. Elevated triglycerides
4. Signs of insulin resistance
5. Vague abdominal pain

Liver biopsy is considered the gold standard for the diagnosis of NASH:

1. To confirm diagnosis, and establish severity of disease
2. To exclude other co-existing conditions