

Metabolic Dysfunction Associated Steatotic Liver Disease(MASLD) Pathway

<https://www.mdcalc.com/fibrosis-4-fib-4-index-liver-fibrosis>

FIB4 Calculation

- Age
- AST
- ALT
- Platelet count

Age < 65 FIB4 < 1.5

Age ≥ 65 FIB4 < 2.0

Age < 65 FIB4 ≥ 1.5

Age ≥ 65 FIB4 ≥ 2.0

LOW RISK MASLD

Management:

- Moderate exercise 30 min 3-4x/wk
- Weight loss > 10%
 - Decrease total calories by 200-500 kcal/d
- Modify cardiovascular risk
 - Smoking cessation
 - Screen for diabetes & dyslipidemia every year, HTN at every visit, (if not diagnosed)
 - Treat diabetes with medications that promote weight loss (ie. Metformin, SGLT2i, GLP1RA etc.)
 - Treat dyslipidemia (Statin therapy is safe in MASLD) +/- omega 3 FAs for high triglycerides
- No alcohol intake
- Encourage 2-4 cups of coffee daily
- Consider vaccination for HAV & HBV
- Re-calculate FIB4 every 2-3 years**
- Ultrasounds do not need to be repeated in most cases

REFER OVER VIRTUAL HALLWAY***

Non-invasive imagine indicated:

- Shear wave elastography(SWE)
- Fibroscan
- Magnetic resonance elastography(MRE)*

< 8.5 kPa

Indeterminate

≥ 8.5 kPa

Referral to Specialist

*MRE uses different cut offs to determine LOW vs HIGH risk NAFLD

**Consider re-evaluating via chronic hepatocellular liver injury pathway

***<https://virtualhallway.ca/>