## SCREENING AND ASSESSMENT OF MASH IN PRIMARY CARE



IDENTIFY RISK FACTORS

### **HIGH RISK GROUPS**



- Type 2 diabetes
- Prediabetes
- Cardiometabolic risk factors



- Significant alcohol use
- Family history of cirrhosis



- Obesity
- Overweight



- Steatosis
- Elevated ALT or AST

2 SCREEN WITH FIB-4

#### PRIMARY RISK ASSESSMENT FOR ADVANCED FIBROSIS

### FIB-4 <1.3\* Low risk

- Reassess every 1-2 years for patients with type 2 diabetes, prediabetes, or ≥2 cardiometabolic risk factors
- Reassess every 2-3 years for patients without type 2 diabetes and <2 cardiometabolic risk factors
- \* Use 2.0 as the cutoff for adults >65 years of age

FIB-4 1.3\* to 2.67 Indeterminate risk

Secondary risk assessment with vibration-controlled transient elastography (VCTE) or enhanced liver fibrosis (ELF) testing

\* Use 2.0 as the cutoff for adults >65 years of age

FIB-4 >2.67 High risk

Refer to gastroenterology/ hepatology for complete evaluation

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Age: \_\_\_\_ AST: \_\_\_\_

ALT: \_\_\_\_

Platelet count: \_\_\_\_

 $FIB-4 = \frac{(Age \times AST)}{(Platelets \times \sqrt{ALT})}$ 

REASSESS
THOSE AT
INDETERMINATE
RISK

ELF <7.7 VCTE <8.0

Low risk

Reassess periodically

SECONDARY RISK ASSESSMENT

ELF 7.7 – 9.8 VCTE 8.0 – 12.0

Intermediate risk

ELF >9.8 VCTE >12.0

High risk

Refer to gastroenterology/ hepatology for complete evaluation

# Managing MASH in the Primary Care Setting



- Promote weight loss
- ≥5% reduces steatosis
- 7%-10% resolves steatosis
- ≥10% reverses fibrosis

- Optimize glycemic control
- Manage lipids
- Control blood pressure
- Treat other metabolic comorbidities

Weight loss

Cardiometabolic risk factors

### Lifestyle modifications

- Abstain from alcohol
- Adopt a healthy diet (e.g., limit sugar, Mediterranean diet)
- Increase physical activity
- Quit smoking

#### References:

- Rinella ME, et al. *Hepatology*. 2023;77:1797-1835.
- Younossi ZM, et al. Gastroenterology. 2021;160:912-918.
- Rezdiffra (resmetirom) tablets: Prescribing information. West Conshohocken, PA: Madrigal Pharmaceuticals Inc.
- Wegovy (semaglutide) injection, for subcutaneous use: Prescribing Information. Plainsboro, NJ: Novo Nordisk Inc. Revised 2025.

## Pharmacologic intervention

- Manage comorbidities
  - GLP-1 receptor agonists promote weight loss, improve glycemic control, & reduce liver fat
  - Statins reduce cardiovascular risk
  - SGLT-2 inhibitors improve glycemia
  - Metformin improves insulin sensitivity
- FDA-approved medications for the treatment of MASH with moderate to advanced liver fibrosis
  - Resmetirom
  - Semaglutide

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