

## A Simple Clinical Scoring System to Identify Patients at Risk of NASH Before the Development of NASH

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**Background** Nonalcoholic fatty liver disease (NAFLD) is common in the morbidly obese. It is a condition that can lead to progressive fibrosis and cirrhosis. A clinical scoring system to identify patients predisposed to fibrosis would assist in selecting patients for liver biopsy and further management. **Methods** Liver biopsies were taken from 370 consecutive patients who underwent laparoscopic bariatric surgery. Clinical and biochemical parameters were then assessed for correlation with histological features of non-alcoholic fatty liver disease. **Results** Sixty eight patients (18%) were found to have non-alcoholic steatohepatitis (NASH). Raised insulin resistance, ALT and total bilirubin were independently associated with NASH. The presence of at least 2 of the 3 provided the best combination of sensitivity (0.71) and specificity (0.71) for predicting NASH. **Conclusion** Raised insulin resistance, ALT and total bilirubin are clinical indicators for the presence of NASH prior to the development of fibrosis.