

# Predictive, Preventive and Personalized Medicine & Molecular Diagnostics

September 01-03, 2015 Valencia, Spain

## Cardiovascular manifestations of Non-Alcoholic Fatty liver can be prevented?

**Reda Mohamed El badawy**

Banha University Faculty of Medicine, Egypt

The relation between Non –Alcoholic liver disease(NAFLD) and cardiovascular diseases (CVD)has not been elucidated with non diabetic obese normal healthy subjects.

**The aim:** Was to evaluate the use of simple biomarkers as predictors for NAFLD and consequently CVD. Seventy seven Subjects divided into two groups: Group( 1) included 37 patients known to have diabetes mellitus type 2 , Group( 2) included 40 healthy subjects who have no medical illness.

**Results:** There was a statistical significant difference for all laboratory parameters between the 2 groups except for total bilirubin, direct bilirubin and ALT/AST ratio. In DM group fatty liver was diagnosed in 22/37(54%) by abdominal ultrasound. The median values of TG, insulin, leptin, insulin resistant, ALT ,GGT,AST and ALT/AST ratio in diabetic patients were statistically significant higher in those with fatty liver compared with those without fatty liver (P values <0.05). In group 2 fatty liver was diagnosed by abdominal ultrasound in 12/40( 30%). The median values of FBS,TG, cholesterol, insulin, leptin, insulin resistant, ALT ,GGT,AST and ALT/AST ratio in the healthy subjects were statistically significant higher in those with fatty liver compared with those without fatty liver (P values <0.05).The sensitivity and specificity of GGT, ALT/AST ratio was as follow 100.%, 59% and 73%, 55% at a cut off value of 45 IU/l and 1.9 respectively.

**Conclusion:** Elevated liver enzymes, although in normal ranges, play a role in early diagnosis of fatty liver disease which has a predict for the presence of cardiovascular diseases especially carotid intimal thickning

### Biography

Reda Mohamed El badawy has completed her MD at Banha University ,Faculty Medicine. She is worked at King Saud University and King Khaled University Saudi Arabia. She has published more than 25 papers in reputed journals

[reda2005\\_b@hotmail.com](mailto:reda2005_b@hotmail.com)

### Notes: