CARDIOVASCULAR RISK INDUCED BY THE PRESENCE OF NON-ALCOHOLIC FATTY LIVER DISEASE

Objectives:

The paper wishes to quantify the cardiovascular risk in a lot of Non-alcoholic fatty liver disease(NAFLD) Romanian patients.

Material and methods:

This is a prospective observational investigation on patients with NAFLD trying to determine the cardiovascular risk using **Framingham cardiac risk score** and **SCORE cardiovascular risk.**

Results:

We found an average Framingham risk of 12.21239%, statistically significative compared to the population of the same age and sex(**p = 0.000515**). Correlating Framingham score with liver fibrosis indexes reveal close linear correlation: index ASPRI - r = 0.591, respectively Fib 4 index-r =0.126. We also found weak positive linear correlation between average blood pressure and Framingham risk(r = 0.238), meaning that patients with increased blood pressure have a high average 10 years risk to present a major cardiovascular pathology.
As per HeartScore ® risk (n=101), we obtained an average of **3.03%,** statistically significant higher than the control group(1.88 %)-p=0.001739. A total of 20 patients showed an increased cardiovascular risk (≥ 5) quantify into the SCORE system, mostly men (n = 13).

Estimation of Framingham and SCORE cardiovascular risk proved an increased risk with age (Spearman coefficient r = 0.64, respectively r = 0.47). The risk was lower in female sex and higher in those presenting obesity, hyper-tensive waist or metabolic syndrome.
Conclusions: Cardiovascular risk of subjects with fatty liver is extremely high and often neglected by GI or Internal Medicine clinicians who are concerned generally only about the digestive pathology.