

- Refer to gastroenterology.

https://gps.northcentrallondon.icb.nhs.uk/fib-4-calculator

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* This idea to double scoring is my own idea

detected with NAFLD, can be clarified by the

to see if the intermediate category that is

- ELF blood test.

1.30 to 3.25

- Refer to gastroenterology for:

- ELF blood test.

- Fibroscan.

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<1.30 *If >65y <2.0

The key things that help treat fatty liver disease are:

- Weight loss > 10 % in year results in 100% improvement in fat in the liver.
- Increase exercise (ideally 150 mins / week of cardiovascular exercise).

- Cut out fizzy drinks & high fructose containing foods / drinks & processed foods.

- 20-30% of population have fatty liver.

- Target CV risks e.g. BP and lipids.

- Encourage Mediterranean diet.

Avoid alcohol and smoking.

- Coffee is beneficial.

- Probiotics may help. - Rescore in 2 yrs.

