



Sophia

65 | Female

Clinical Presentation

- Presents to PCP with moderate arthralgia, fatigue, and weight gain
- Currently taking Diovan 160mg
- Past medical history of hypertension
- No family history of medical problems
- BMI 34
- BP 145/80



I use LIVERFAST™ as a risk stratification tool in patients with possible non-alcoholic fatty liver disease. A pragmatic risk stratification approach is important to identify patients at risk of advanced fibrosis in a cost- effective fashion.

Dr Imtiaz Alam

Clinical Associate Professor of Medicine
Texas A&M University



Before LIVERFAST™

Laboratory Results

- **Fasting blood glucose:** 126 mg/dl
- **Triglycerides:** 130 mg/dl
- **HDL:** 55 mg/dl
- **LDL:** 55 U/L
- **AST:** 19U/L
- **ALT:** 60 U/L

Clinical Assessment

- Metabolic Syndrome
- Obesity
- Elevated Liver Function Test

What to do next?

- Risk management of metabolic syndrome
- Hypertension management
- **Order LIVERFAST™**

"Obesity (excessive body mass index [BMI] and visceral obesity) is the most common and well- documented risk factor for NAFLD. " Subichin M, et al. Surg Obes Relat Dis 2015

"BMI and waist circumference, a measure of visceral adiposity, are positively related to the presence of NAFLD [51] and predict advanced disease, particularly in the elderly" (Bedogni G, et al. Hepatology 2005)

LIVERFAST™ Results

Fibrosis

0.20
F0
No Fibrosis

Activity

0.62
A2
Moderate Activity

Steatosis

0.39
S1
Mild Steatosis

After LIVERFAST™

Patient stratified as intermediate risk of NASH or advanced fibrosis. Reassessment in 6 months with LIVERFAST test.

"Patients having metabolic risk factors and steatosis in the presence of abnormal liver enzymes should be referred to a specialist for in-depth assessment of disease severity, decision to perform liver biopsy, and initiate monitoring/therapy." (EASL-EASD-EASO. J Hepatol 2016 CPG)

- 1 Clinician orders **LIVERFAST™** for the patient
LIVERFAST Proprietary CPT Code 0166U
- 2 The patient has a fasting **simple blood test** of the 10 biomarkers
- 3 The lab provides **analyses** of the 10 biomarker results
- 4 The 10 biomarker results are input into Fibronostics **web portal**
- 5 LIVERFAST results are **available immediately**

FIBRONOSTICS LIVERFAST™ Sample Result Sheet

PATIENT NAME: SOPHIA DATE OF BIRTH: GENDER: FEMALE HEIGHT: WEIGHT: BMI: 34

NAME OF PHYSICIAN: DATUK DR CHAN FOOK KOW DATE OF TEST TAKEN: 31-07-2019

BIOMARKER RESULTS

Sample Date	31-07-2019		
alpha-2-Macroglobulin	1.2 g/L	ALT	126 IU/L
Haptoglobin	0.13 g/L	AST	65 IU/L
Apolipoprotein A1	1.34 g/L	Fasting Glucose	5.2 mmol/L
Total Bilirubin	11.7 µmol/L	Total Cholesterol	4.5 mmol/L
GGT	13 IU/L	Triglycerides	0.9 mmol/L

SCORES

FIBROSIS

F0
No Fibrosis
0.2

ACTIVITY

A2
Moderate Activity
0.62

STEATOSIS

S1
Minimal Steatosis
0.39

INTERPRETATION

- Your result for the SAF score is S1-A2-F0.
- This score indicates that you have minimal steatosis or steatohepatitis (NASH), moderate inflammatory activity and no fibrosis.
- Consult your physician for further evaluation.

PRECAUTIONS:

- The reliability of results is dependent on compliance with the preanalytical and analytical conditions recommended by Fibronostics.
- The test must be deferred for acute hemolysis, acute hepatitis, acute inflammation, extra hepatic cholestasis.
- The advice of a specialist must be sought for interpretation in chronic hemolysis and Gilbert's syndrome.
- The test interpretation is not validated for liver transplant patients.
- Isolated extreme values of any of the biomarker results should lead to caution in interpreting the results.
- In the case of discordance between a biopsy result and a test, it is recommended to seek the advice of a specialist.
- The causes of these discordances could be due to a flaw of the test or to a flaw in the biopsy. I.e. a liver biopsy has a 33% variability rate for one fibrosis stage.
- The fibrosis score is interpretable for chronic hepatitis B, chronic hepatitis C, alcoholic steatosis and non-alcoholic steatosis.
- The activity score is interpretable for chronic hepatitis B and chronic hepatitis C.

- ✓ Algorithm calculation
- ✓ Result available real time
- ✓ Confidential, secure and sent to physician
- ✓ Support for interpretation if needed