

T2DM is risk factor for liver fibrosis progression in NAFLD

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Type 2 diabetes mellitus (T2DM) is a risk factor for progression of liver fibrosis in patients with nonalcoholic fatty liver disease (NAFLD), according to a study published online May 21 in the *Journal of Gastroenterology and Hepatology*.

Toshifumi Tada, M.D., from Ogaki Municipal Hospital in Japan, and colleagues examined clinical [risk factors](#) for progression of liver fibrosis in patients with NAFLD. Data were included for 1,562 patients with NAFLD (aged 36 to 64 years) and less severe liver fibrosis (FIB-4 index, 2.67) during follow-up. For progression to advanced fibrosis, the three-, five-, seven-, and 10-year cumulative incidence rates were 4.4, 6.7, 11.0, and 16.7 percent, respectively. Age, albumin concentration, and T2DM were significantly associated with progression to advanced fibrosis in the univariate analysis. Age \geq 50 years, albumin concentration

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