

**EPIDEMIOLOGIC FEATURES OF NONALCOHOLIC FATTY LIVER DISEASE**

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**Background and Aim:** Nonalcoholic fatty liver disease (NAFLD) is a common condition in Western. The aim of this study was to determine the prevalence of NAFLD which was diagnosed by ultrasonography and the risk factors in an Eastern country (in Turkish general population which is a country between Asia and Europe).

**Patients and methods:** A hepatobiliary ultrasonography was performed on 459 subjects selected randomly from the general population in Elazig province. BMI (Body Mass Index) and waist circumference were calculated; plasma lipids, glucose, aminotransferases levels, and viral serology were evaluated.

**Statistical Analysis:** chi-square, t-test and logistic regression were all used.

**Results:** 408 subjects; age: range from 18 to 80 years included. Four subjects were excluded due to the regular alcohol consumption in 1 subject and chronic viral hepatitis in 3. Of the 404, the prevalence of NAFLD was 19.8%; and 16.5% female and 23.7% were male (%females vs. %males,  $p < 0.05$ ). NAFLD was the most prevalent in the fifth decade and more common in males than females under 40 years age group ( $p < 0.05$ ). There was a significant association between NAFLD and BMI, waist circumference, serum ALT and triglyceride levels. Logistic regression analysis revealed that waist circumference and advanced age in females while waist circumference and increased ALT in males were independent predictors for NAFLD.

**Conclusion:** NAFLD is a common disease in Turkey as well as in Western. NAFLD affects one-fifth of the Turkish population and more common in young males. Central obesity appears an independent factor for the development of NAFLD.