

STEATOTIC (FATTY) LIVER DISEASE (SLD) & SUBCATEGORIES

Dear colleagues,

You all now know that the terminology NAFLD/ NASH is no longer used by most scientific communities. **The change of the name Non-Alcoholic Fatty Liver Disease is an achievement for us as organised patients** and aimed not only at our non-stigmatisation but also at early diagnosis and recognising what disease it is.

Steatotic Liver Disease (SLD) is a new nomenclature which replaced the Non-alcoholic fatty liver disease and acts as an umbrella for a spectrum of liver diseases avoiding stigma. **Steatotic liver disease (SLD) includes several conditions associated with steatosis in your liver. “Steatosis” is a term healthcare providers use to describe fat buildup in your liver.**

SLD has 5 sub-categories:

- 1. MASLD** (Metabolic dysfunction-associated steatotic liver disease) It covers patients who have hepatic steatosis and have at least one of five cardiometabolic risk factors.
- 2. MetALD** (pronunciation: Met A-L-D) was selected to describe those with MASLD who consume greater amounts of alcohol per week (140 g/week and 210 g/week for females and males, respectively).
- 3. Alcohol-associated /Alcohol-related Liver Disease, it is ALD.**
- 4. SLD with specific aetiology:** Drug Induced Liver Injury (DILI), Monogenic diseases: Lysosomal Acid Lipase Deficiency (LALD), Wilson Disease, inborn errors of metabolism. Miscellaneous: Hepatitis C, malnutrition, celiac disease...
- 5. Those with no metabolic parameters and no known cause have cryptogenic SLD, no identifiable cause.**

We believe that we still have a long way to go in terms of information & early diagnosis, but it is something important for us as patients, and it's worth fighting.

No level of alcohol consumption is safe when it comes to human health, according to a WHO statement released in January 2023. <https://www.who.int/europe/news/item/04-01-2023-no-level-of-alcohol-consumption-is-safe-for-our-health>

WORKING GROUP
STEATOTIC LIVER DISEASE (SLD)

WHO WE ARE

ELPA's aim is to promote the interests of people with liver disease and, in particular, to highlight the size of the problem, to promote awareness and prevention to address the low profile of liver disease; to share the experience of successful initiatives; to work with professional bodies to ensure that treatment and care are harmonized across Europe to the highest standards. ELPA's vision is that all liver patients are diagnosed in time, are treated with respect, and have equal access to the best standard of medical care – regardless of origin, lifestyle, and type of liver disease.

MORE INFO
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