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## Frequency of Non-alcoholic Fatty Liver diseases in patients with Diabetic Nephropathy

### Zulaykho Shamansurova

Tashkent Pediatric Medical Institute, Uzbekistan

**Background and aim:** Non-alcoholic Fatty liver disease (NAFLD) is a frequent future of type 2 DM (DM2) and mostly aggravated clinical course of disease and its complications, especially diabetic nephropathy. We aimed to study frequency of NAFLD depends from stages of diabetes nephropathy.

**Material and methods:** In 87 people with Diabetes Mellitus blood fasting and postprandial glycemia, HbA1c, total blood count, urine protein excretion, blood fibrinogen, cholesterol, liver enzymes ALT, AST, blood urea nitrogen, creatinine level, glomerular filtration rate were observed. Liver structure evaluated by ultrasound.

**Results:** Among 132 people with DM2 NAFLD detected in 46%. Frequency of NAFLD depending on DN stages shown that light preclinical (without proteinuria) stages were detected in 62% without

and in 46% with NAFLD. Whereas clinically manifested stages of DN were detected in 38% and 54% subsequently. Patients mean age, body weight and BMI were significantly higher in NAFLD. Fasting ( $P<0.05$ ) and postprandial ( $P<0.05$ ) glycemia, also HbA1c (1.16 times,  $P<0.05$ ) level were higher in NAFLD group. Even mean blood Platelets, ALT, AST level were in reference ranges, there was a significant difference between the groups. Fib-4 score comparison showed its increasing in NAFLD group. 49% people in NAFLD group and 17.8% in DM2 group were treated by insulin therapy.

**Conclusion:** NAFLD is a very frequent future in DM2, accompanied with differences in body weight, BMI, Glycemia, HbA1c, Platelets, ALT, AST levels, also higher Fib-4 score and most patients required insulin therapy. NAFLD presents a higher risk for DN progression.

### Biography

Zulaykho Shamansurova is an assistant professor at the Tashkent Pediatric Medical Institute in Uzbekistan.

shamansurova@yahoo.com