

TITLE: WEIGHT TRENDS IN NON-ALCOHOLIC FATTY LIVER DISEASE: A 10-YEAR RETROSPECTIVE STUDY

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ABSTRACT

Significance: The researcher assess weight trends among NAFLD in terms of no weight change, weight gain, weight loss, or weight cycling (yoyo pattern). Controlled trials have confirmed that attaining the desired weight is associated with histological improvement in NAFLD.

Methodology: This is a cross-sectional retrospective study using chart review of subjects in outpatient hepatology clinic from January 2009 to January 2019. From a total of 5898 reviewed charts, 663 patients were diagnosed with NAFLD. Included in the study were adult subjects ≥ 18 years old. However, excluded if follow up weight was taken < 5 times or no weight taken during 2-year period intervals, and other causes of steatosis identified, thus total of 192 subjects were included. Cumulative comparison of the five 2-year periods were stratified into 4 categories: no weight change, weight loss, weight gain, or weight cycling (yoyo pattern). **Results:** The most frequent weight changes were weight gain or weight loss during the 1st period. Then little weight changes were noted on the succeeding periods. Most common weight trend was weight loss (47.4%), then weight gain (33.9%), followed by weight cycling (15.6%), and no weight change (3.1%).

Conclusion: Based from the study, the most common weight trend noted in subjects with non-alcoholic fatty liver disease is weight loss.

Keywords: Non-alcoholic fatty liver disease, weight trends, weight loss, weight gain, weight cycling, yoyo weight