

Association of Non-Alcoholic Fatty Liver Disease and Cardio-metabolic Risk Factors with Early Atherosclerosis in an Adult Population in Southern Italy

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Abstract

The prevalence of risk factors for cardiovascular and metabolic diseases was investigated in an adult population of the city of Cittanova, Southern Italy.

METHODS: The study was conducted among 992 randomly selected adults aged 18-75 years, between April 2009 and January 2011.

RESULTS: Prevalence rates of non-alcoholic fatty liver disease (NAFLD), overweight, obesity, and metabolic syndrome (MS) were 24.8%, 41.5%, 27.1%, and 34.4%, respectively. For the components of MS, prevalence of central obesity was 47.4%, impaired fasting glucose (IFG) 34.7%; hypertension 53.7%, low high-density lipoprotein (HDL) cholesterol 34.2%, and hypertriglyceridemia 27.2%.

CONCLUSIONS: Hypertension, central obesity, IFG, low HDL cholesterol, hypertriglyceridemia, MS, and increased carotid artery intima-media thickness (IMT) were significantly associated with NAFLD after adjustment for age and sex. With additional adjustment for body mass index (BMI), IMT and MS (depending on the prevalence ratio that was investigated), the positive association between the NAFLD and increased IMT lost statistical significance, while that with body mass index (BMI) and MS remained significant.

Biography:

Elisabetta L Romeo, MD, has a postgraduate in Endocrinology and Metabolic Disorders and a PhD in Clinical and Experimental Medicine at Messina University, Italy. She is member of the Fondazione per la Medicina Solidale, Italy, an institution involved in epidemiological research and in the identification of biological, economic, social and environmental determinants of health. Her main fields of scientific interests

are diabetes and Cardio-vascular risk, NAFLD, genetics of lipid metabolism.



Speaker Publications:

1. Antibody-Drug Conjugates (ADC) Against Cancer Stem-Like Cells (CSC)-Is There Still Room for Optimism? *Front Oncol*, 9; doi:167 2019 Mar 29
2. HDL Subclasses and the Common CETP TaqIB Variant Predict the Incidence of Microangiopathic Complications in Type 2 Diabetic Women: A 9years Follow-Up Study; *Diabetes Res Clinical Practice*; doi:132, 108-117 Oct 2017
3. Influence of Peroxisome Proliferator-Activated Receptor- γ Exon 2 and Exon 6 and Insulin Receptor Substrate (IRS)-1 Gly972Arg Polymorphisms on Insulin Resistance and Beta-Cell Function in Southern Mediterranean Women With PCOS; *J Clin Transl Endocrinol*; doi:13, 1-8 2018 May 24

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