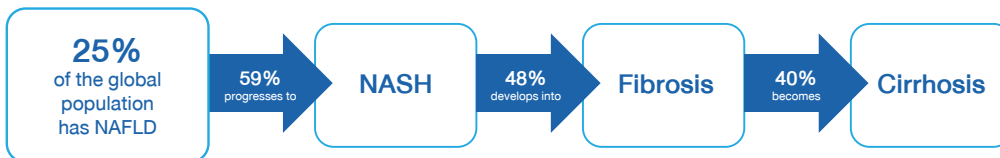


Fatty liver is the accumulation of triglycerides and other fats in the liver cells.¹

Non-alcoholic fatty liver disease (NAFLD) is a condition in which excess fat is found in the liver. In 2016, fatty liver disease was as high as 25% of people in the world.² Patients with fatty liver disease in the early stages often do not show any abnormalities. But without proper treatment, the inflammation of the liver cells, known as non-alcoholic steatohepatitis (NASH), will create fibrosis within the liver and become cirrhosis, or in some cases may lead to liver cancer (hepatocellular carcinoma). Rapid and accurate diagnosis of early fatty liver disease will efficiently help doctors to make any recommendations or follow up treatments.

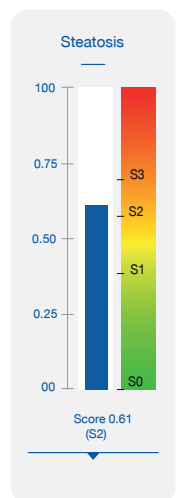


Who should screen for fatty liver disease?³

1. Overweight or obesity (Body Mass index (BMI) ≥ 30)
2. Waist circumference ≥ 94 cm in male and ≥ 80 cm in female
3. Blood pressure $\geq 130/85$ mmHg or under hypertension treatment
4. Fasting blood glucose level ≥ 100 mg/dl or under diabetes treatment
5. Blood triglyceride fasting levels > 150 mg/dl or low HDL cholesterol levels (< 40 in male and < 50 in female)
6. Liver enzymes (AST,ALT) stay elevated with no explanation

New Test for Fatty Liver Detection

SteatoTest is a non-invasive test of fatty liver using 10 biomarkers in combination with age, gender, weight and height. This test is aimed to early detect of liver fibrosis. The test results are reported as SteatoTest scores. If fatty liver is found (S score > 1), it is recommended to order FibroMax(LiverFAST) (Add on from Steato Test-Positive) to evaluate complete liver assessment without additional blood sampling.



Test Name	Code	Schedule time*	TAT**	Specimen
SteatoTest	C897	Start 1.00 pm Report 5.00 pm	1 Day	serum 2 ml and NaF plasma 1 ml
FibroMax (Add on from SteatoTest-Positive)	C899	Start 1.00 pm	1 Day	

The test should be under the discretion of a physician. | The mentioned test is performed by the laboratory with ISO 15189 certification and lab accreditation.

*This operation schedule is for the test performed at N Health head quarter, Bangkok.

**Above turnaround time does not include logistic time. For BDMS network hospitals, please contact N Health laboratory located at your hospitals.

References:

1. Fabbrini E, Sullivan S and Klein S.(2010). Obesity and nonalcoholic fatty liver disease: biochemical, metabolic, and clinical implications. Hepatology
2. American Association for the Study of Liver Disease (AASLD)(2016) Global Epidemiology of Nonalcoholic Fatty Liver Disease—Meta-Analytic Assessment of Prevalence, Incidence, and Outcomes. Hepatology, Volume 64, No.1, Pages 73–84
3. European Association for the Study of the Liver (EASL), European Association for the Study of Diabetes (EASD) and European Association for the Study of Obesity (EASO)(2016). EASL–EASD–EASO Clinical Practice Guidelines for the management of non-alcoholic fatty liver disease. Journal of Hepatology Volume 64, Issue 6, Pages 1388–1402