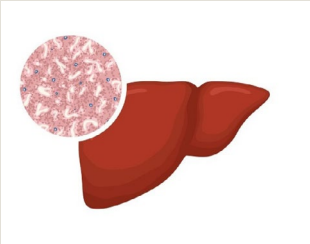
THE NURSE PRACTITIONER'S GUIDE TO THE NEW NOMENCLATURE FOR NAFLD

In June 2023, the American Association for the Study of Liver Diseases (AASLD) and other international liver societies adopted new nomenclature for nonalcoholic fatty liver diseases (NAFLD), which will now be known as metabolic dysfunction-associated steatotic liver disease (MASLD).

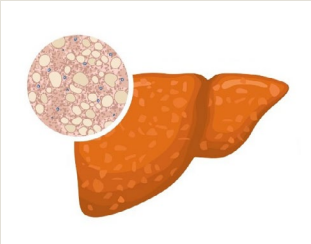
Read more about the new nomenclature, disease subclassification and rationale for the changes below.

Healthy Liver



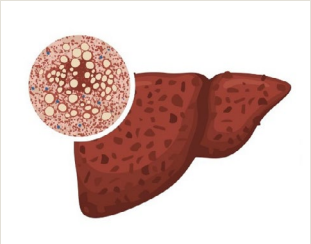
Healthy hepatocytes with normal lipogenic signaling

Steatosis



Accumulation of lipid droplets in hepatocytes (indicative of metabolic stress)

Steatohepatitis



Inflammation and immune cell infiltration, with or without wound repair signaling (fibrosis)

Steatotic liver disease (SLD) is the umbrella term now used to describe the many etiologies that may contribute to steatosis.

New SLD Nomenclature

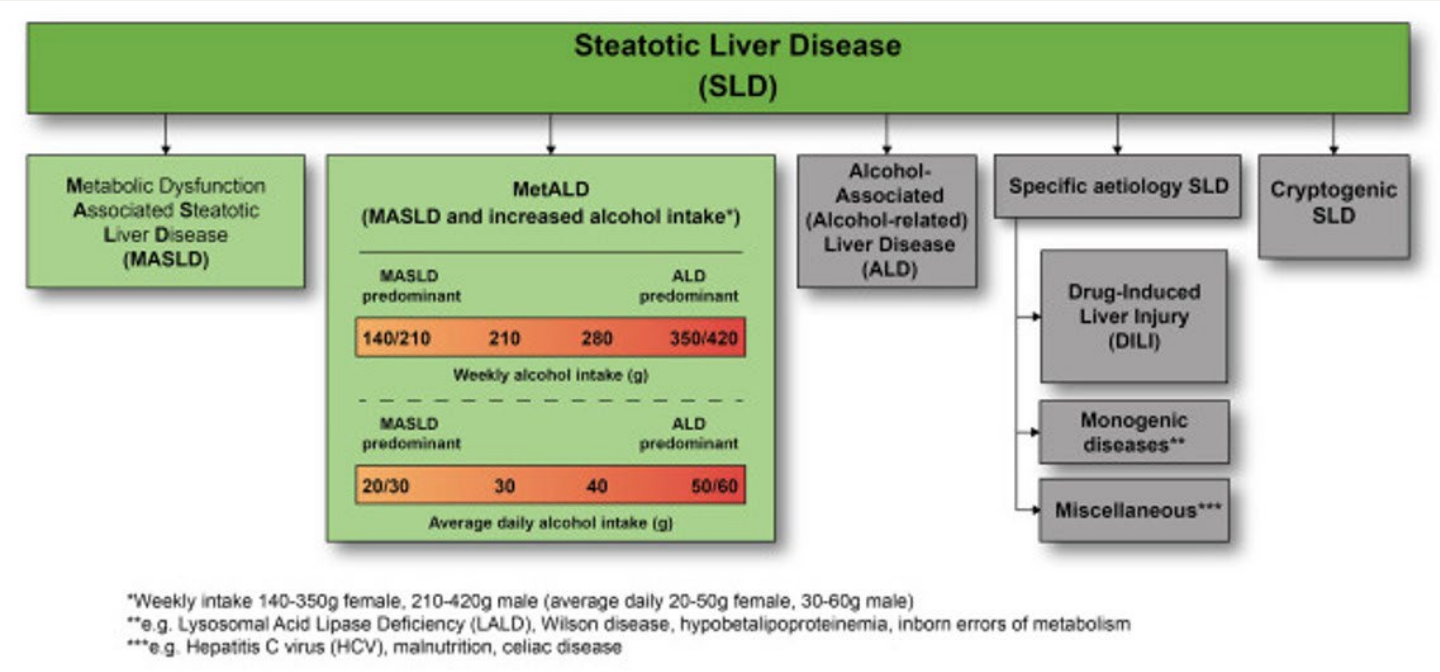
SLD subclassification (2023 definition)	Former nomenclature	Characteristics
MASLD	NAFLD	Hepatic steatosis with ≥one cardiometabolic risk factor
Metabolic dysfunction-associated steatohepatitis (MASH)	Nonalcoholic steatohepatitis (NASH)	Hepatic steatohepatitis with ≥one cardiometabolic risk factor
MetALD (pronounced met-A-L-D)	N/A (new category)	MASLD with average daily alcohol intake ≥20 g (~1.5 standard drinks for women) or ≥30 g (~2 standard drinks for men)

Why the change?

The previous terminology of NAFLD and NASH have long been considered to be negative and stigmatizing. Moreover, this terminology excluded people with SLD who have both cardiometabolic risk factors and excessive alcohol use.

According to the AASLD, "With the new nomenclature, we now have an affirmative name and diagnosis without using stigmatizing language."

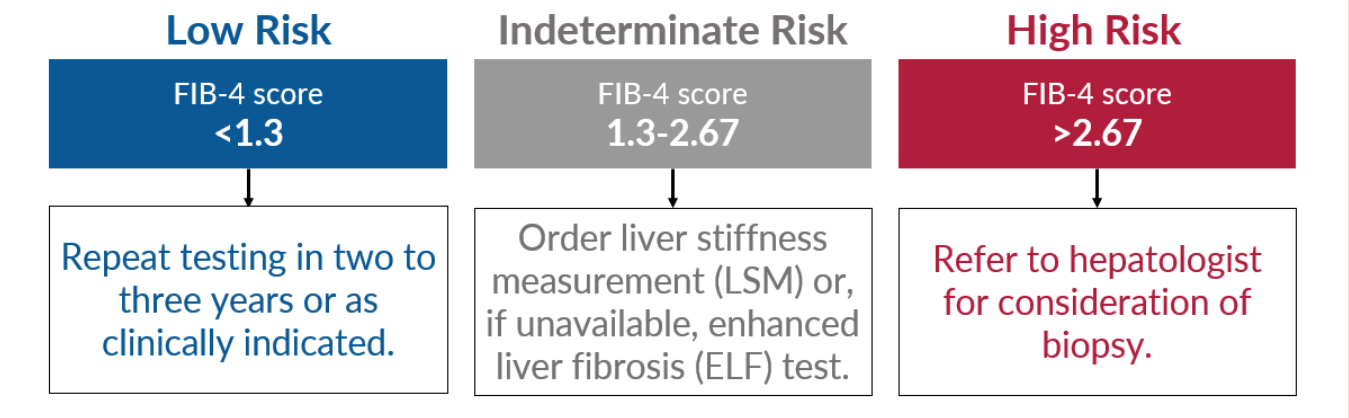
Spectrum of SLDs



Noninvasive SLD Risk Stratification

Although histology remains the standard for definitive diagnosis of steatosis, noninvasive testing can be used to assess risk for progression and determine optimal management.

Risk Stratification With the FIB-4 Test



The consensus group identified five specific cardiometabolic risk factors that could be used for the diagnosis of MASLD:		
	Adults	**Children**
1 Body composition	BMI ≥25 kg/m2 (or 23 kg/m2 for Asian ancestry) **or** WC >94 cm (men) or >80 cm (women)	BMI ≥85th age- and sex-adjusted percentile **or** WC >95th percentile
2 Glycemic control	Fasting serum glucose ≥100 mg/dL **or** 2-h OGTT ≥140 mg/dL **or** A1C ≥5.7% **or** T2D or T2D treatment	Fasting serum glucose ≥100 mg/dL **or** Serum glucose ≥200 mg/dL **or** 2-h OGTT ≥140 mg/dL **or** A1C ≥5.7% **or** T2D or T2D treatment
3 Blood pressure	≥130/85 mm Hg **or** Antihypertensive treatment	≥95th percentile (younger than 13 years only) or ≥130/85 mm Hg (whichever is lower) **or** Antihypertensive treatment
4 Triglycerides	≥150 mg/dL **or** Lipid-lowering treatment	≥100 mg/dL (aged <10 years) or ≥150 mg/dL (aged ≥10 years) **or** Lipid-lowering treatment
5 HDL-C	≤40 mg/dL (men) or ≤50 mg/dL (women) **or** Lipid-lowering treatment	≤40 mg/dL **or** Lipid-lowering treatment

A1C, glycosylated hemoglobin A1C; BMI, body mass index; HDL-C, high-density lipoprotein-cholesterol; OGTT, oral glucose tolerance test; T2D, type 2 diabetes; WC, waist circumference

Be Part of the Change

As a trusted health care provider for your patients, you can be a part of the shift toward the use of the new, affirmative and non-stigmatizing nomenclature for MASLD and MASH.

- Avoid using the terms NAFLD, NASH and “fatty liver” to describe MASLD and MASH.
- For patients who are already familiar with the terms NAFLD and NASH, explain the rationale for the new nomenclature, including the need for a more medically accurate description of the disease state.
- Use discussions of the new nomenclature as an opportunity to reinforce the importance of reaching treatment targets for cardiometabolic conditions.
- Continue to use appropriate ICD-10-CM diagnostic codes for MASLD (fatty [change of] liver, not elsewhere classified: K76.0) and MASH (NASH: K75.8) until new terminology have been adopted for coding purposes.

For more information about the updated nomenclature, visit the AASLD website for a summary or to read the full consensus statement.

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