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PE-452
Association between Non-Alcoholic Fatty Liver Disease and Coronary Artery Calcification in Healthy Subjects

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Objective: The aim of this study was to analyze the relationship between NAFLD and atherosclerotic risk factors to investigate the association with atherosclerosis. Subjects: Consecutive 7099, healthy non-drinkers, 3143 men, 3956 women, age 42.9 +/- 8.6 years old, who had a health checkup with abdominal ultrasound were investigated.Methods: 1) Atherosclerotic risk factors between subjects with NAFLD and without NAFLD were compared. 2) On 1866 subjects with chest CT scans were analyzed in relation to coronary artery calcification and NAFLD. 3) The relationship between atherosclerosis and NAFLD was investigated for 258 subjects who underwent carotid echography. 4) Multiple regression analysis for coronary calcification and atherosclerotic risk factors, visceral fat distribution and NAFLD were analyzed. Results: 1) Subjects of NAFLD were significantly male, had diabetes mellitus, hypertension, and smoking habits. Had a higher BMI, waist circumflex, ALT, AST, γ-GTP, fasting blood glucose, HbA1c, T-cho, and LDL-cho, TG, systolic blood pressure, diastolic blood pressure, and distribution of visceral fat and HDL-cho levels were low. 2) NAFLD had a high frequency of coronary artery calcification on the chest CT. 3) NAFLD had significant more carotid artery atherosclerosis. 4) The risk factor of coronary calcification under stepwise logistic regression analysis were diabetes mellitus (p=0.042), hypertension (p=0.001), HDL-cho (p=0.028) and NAFLD (p=0.009). Conclusion: NAFLD can be considered an independent risk factor for atherosclerosis.