

What is the prevalence of hepatic steatosis on ultrasonography in patients followed for nephrolithiasis?David-Dan Nguyen^{*1}, David Bouhadana^{*1}, Philip Wong², Sero Andonian³¹Faculty of Medicine and Health Sciences, McGill University, Montreal, QC, Canada; ²Division of Gastroenterology & Hepatology, Department of Medicine, McGill University Health Centre, Montreal, QC, Canada; ³Division of Urology, Department of Surgery, McGill University Health Centre, Montreal, QC, Canada**Equal contributors*

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Corresponding author: Dr. Sero Andonian, Division of Urology, Department of Surgery, McGill University Health Centre, Montreal, QC, Canada; Sero.Andonian.med@ssss.gouv.qc.ca

ABSTRACT

Introduction: Patients with non-alcoholic fatty liver disease (NAFLD) have higher prevalence of nephrolithiasis. The aim of the present study was to determine prevalence of hepatic steatosis on ultrasonography in nephrolithiasis patients.

Methods: Charts of 318 consecutive nephrolithiasis patients seen in stone clinic between January and February 2018 were retrospectively reviewed. Ultrasound reports were reviewed for hepatic steatosis. Subsequent liver investigations were noted. Patients' demographic predictors of hepatic steatosis were identified using univariable logistic regression models.

Results: A total of 162 patients was included, of which 76 (46.9%) were found to have hepatic steatosis and 22 (13.6%) were found to have moderate-to-severe hepatic

KEY MESSAGES

- The incidental finding of fatty liver on ultrasound of patients followed for nephrolithiasis is common.
- Kidney stone patients with a higher BMI and history of smoking were more likely to have hepatic steatosis detected.
- Urologists could initiate lifestyle changes that improve outcomes for both liver and kidney stone diseases.
- Current recommendations suggest that primary care physicians calculate a FIB-4 score upon the detection of hepatic steatosis on ultrasound. The decision to refer to hepatology for a corroborative fibroscan is then based on the FIB-4 score.