

Nonalcoholic Fatty Liver Disease: Review Questions

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The questions below are based on the article “Non-alcoholic Fatty Liver Disease,” which begins on [page 36](#) of this issue. Choose the single best answer for each question.

- 1. Which of the following is NOT a risk factor for nonalcoholic fatty liver disease (NAFLD)?**
 - A) Alcohol consumption
 - B) Cigarette smoking
 - C) Diabetes mellitus
 - D) Hypertriglyceridemia
 - E) Obesity
- 2. Which of the following statements regarding NAFLD is NOT true?**
 - A) Alkaline phosphatase level is often normal in patients with NAFLD
 - B) Hyperbilirubinemia occurs in 60% of patients with NAFLD
 - C) In mild cases of NAFLD, serum alanine aminotransferase (ALT) level is usually greater than serum aspartate aminotransferase level
 - D) Patients with elevated serum enzyme levels on liver function tests and suspected NAFLD should also be checked for markers of viral hepatitis and iron levels
 - E) Some studies suggest a role for heterozygosity of the hemochromatosis gene in mediating progressive liver disease
- 3. Which of the following statements about the role of liver biopsy in patients with suspected NAFLD is NOT true?**
 - A) ALT levels have been shown to correlate directly with extent of fibrosis found on liver biopsy
 - B) Liver biopsy may yield diagnostic information but nothing relevant to therapy
 - C) Liver biopsy results can distinguish steatosis from steatohepatitis
 - D) There are differences of opinion among hepatologists about the role of liver biopsy
 - E) Ultrasonography without liver biopsy is unable to distinguish steatosis from steatohepatitis
- 4. Which of the following statements does NOT accurately describe the natural history of NAFLD?**
 - A) The characteristic histologic changes of NAFLD may be less apparent when cirrhosis is present than in earlier stages of the disease
 - B) Cirrhosis associated with NAFLD may lead to liver cancer
 - C) Regular alcohol use may exacerbate the course of NAFLD
 - D) Steatosis transitions to steatohepatitis in roughly 80% of patients within 10 years
 - E) Steatosis and steatohepatitis have different rates of progression to cirrhosis
- 5. Which of the following is NOT a histologic feature of NAFLD?**
 - A) Ballooning degeneration
 - B) Centrilobular fibrosis
 - C) Mallory bodies
 - D) Neutrophilic infiltrates
 - E) Portal lymphoid aggregates
- 6. Which of the following statements about therapy for NAFLD is NOT accurate?**
 - A) The Food and Drug Administration has yet to approve pharmacologic therapy for NAFLD
 - B) Improvement in ALT level may occur with ursodeoxycholic acid therapy
 - C) Patients with steatohepatitis and extensive fibrosis should refrain from alcohol consumption
 - D) Rapid weight loss is safer than gradual weight loss in patients with NAFLD
 - E) Statins may be used to treat hyperlipidemia patients with NAFLD

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For answers, see page 67.

Answers to Review Questions

Answers to the review questions asked on [page 59](#). The article on nonalcoholic fatty liver disease begins on [page 36](#).

1. (B) Cigarette smoking
2. (B) Hyperbilirubinemia occurs in 60% of patients with NAFLD
3. (A) ALT levels have been shown to correlate directly with extent of fibrosis found on liver biopsy
4. (D) Steatosis transitions to steatohepatitis in roughly 80% of patients within 10 years
5. (E) Portal lymphoid aggregates
6. (D) Rapid weight loss is safer than gradual weight loss in patients with NAFLD

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