

# Insights from the European Liver Patients' Association's mobile testing at the European Parliament

## Summary

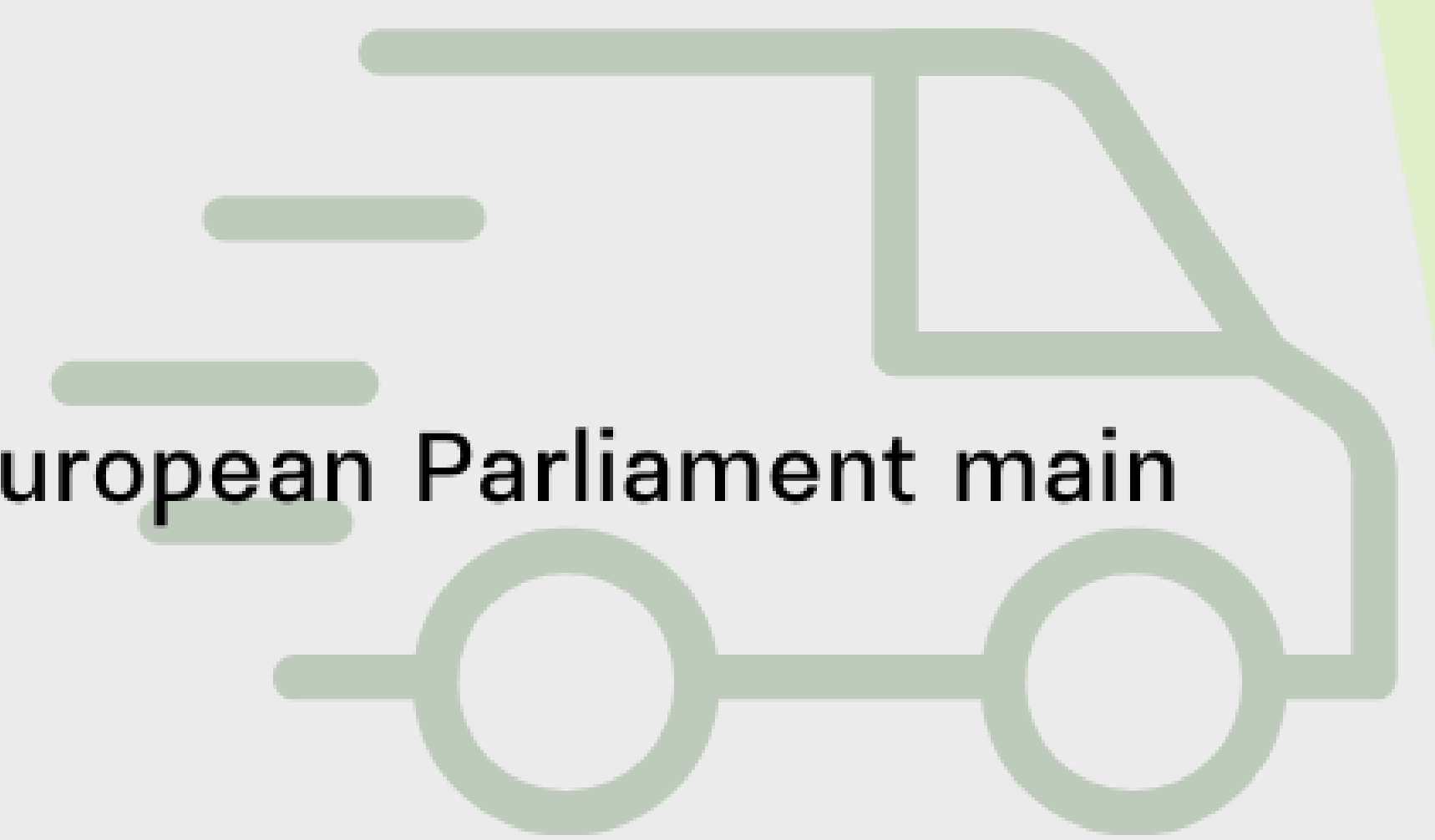
The European Union (EU) is witnessing a concerning rise in the incidence of fatty liver disease, a condition characterised by the accumulation of excess fat in liver cells, a major risk factor for liver cancer.

Though few had significant fibrosis, a higher-than-expected number of people showed elevated CAP readings. All of them were unaware they had fat in their liver, even though some expected high readings due to their lifestyle choices.

Altogether, these findings show how simple and effective early detection of liver disease can be using portable transient elastography (TE) within a community setting and suggest a need to take public health action to increase awareness of how people can make simple changes to protect their health.

## Study Design

- 3 days
- 1 van and 1 gazebo in the pedestrianised walkway outside the European Parliament main entrance in Brussels
- Specific liver health awareness messaging displayed
- 1 portable transient elastography (TE), M and XL probes
- trained patient operators and Belgian Health Care Professionals
- High stiffness reading > 7.1 Kpa - intervention on lifestyle + a self-referral letter inviting to seek a medical consultation
- High Controlled Attenuation Parameter (CAP) reading > 225 - intervention on lifestyle



## Population

152 adults



## Outcomes

Average <b>Stiffness score</b>	5.4	
Number of readings elevated <b>above 7.1 Kpa</b>	19 12.5%	<ul style="list-style-type: none"> <li>• intervention on lifestyle</li> <li>• self-referral letter to seek medical consultation</li> </ul>
Average <b>CAP score</b>	255	
Number of readings elevated <b>above 225</b> (Belgium criteria)	106 64%	intervention on lifestyle
Average time of examination (minutes)	2.1	

