ABSTRACT

With the changes in life style increase in the consumption of fatty food and junk food there has been a increase in the incidences of various diseases, one of the systems of the body which is badly hit is the hepatobiliary system. The liver is considered as the recycler of the human body. An organ par excellence; which has undertaken the task from the basic like nutrition provision in starvation to the utmost complicated one like detoxification. Like any other structure in the body the liver is also susceptible to injury, being the brunt taker it is the one which possibly gets affected first. In our study; we aimed at finding the incidence of fatty liver in symptomatic individuals and co-relating with the lipid profile.

This was a prospective cross-sectional study conducted at a hospital at dakshina kannada district of Karnataka. The study was conducted between May 2014 and April 2015. The study included 50 healthy individuals who were willing to partake in the study after fulfilling a pre-defined criterion. The patients underwent ultrasonography of the abdomen to evaluate the liver, those found to have fatty liver were further evaluated for lipid and sugars. The data was analyzed

Among the 50 participants we found that 28 had fatty liver of which 18 had abnormal lipid profile, 5 were found to have acanthosis nigrans with impaired glucose, 1 was found to have hypothyroidism.

In conclusion fatty liver found on routine scanning the abdomen for other causes need to be evaluated.

KEYWORDS: liver, fatty, abdomen, scanning.

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