

Are Blood Scores Enough to Screen Liver Fibrosis in Indian T2DM Patients?

How the scenario might play out in real life

Dr Sangeeta Dhanuka

A patient with MASLD progressing to decompensated liver cirrhosis

THE CASE

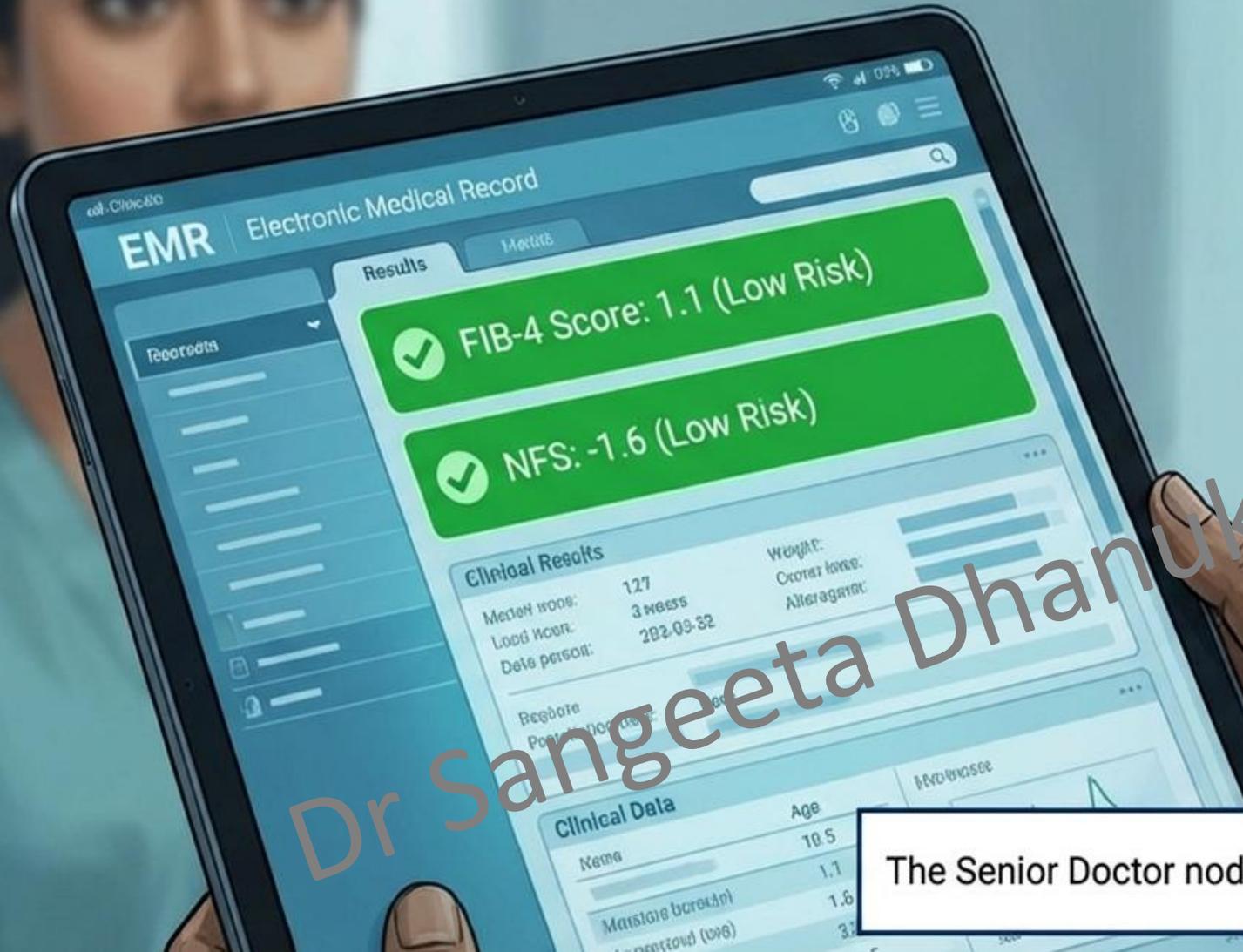
What is the fibrosis assessment?

Patient has Type 2 diabetes for 14 years. Hypertension. No alcohol history. Liver enzymes are only mildly elevated.

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FIB-4 and NFS were calculated about a year ago. Both indicated low risk.



The Senior Doctor nods. It is the standard protocol. It feels safe.

A woman with dark hair and a concerned expression is looking at a large folder she is holding. The background is a hospital hallway with a doctor in the distance. A speech bubble is positioned above her head.

Doctor... may I ask something? He's been seeing doctors regularly for his diabetes. Every report was 'okay'.

Was there no way to know this earlier?

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A digital illustration of a hospital hallway. On the left, a doctor with grey hair and glasses, wearing a white lab coat and a stethoscope, stands with his hands clasped, looking towards a woman on the right. The woman has dark hair in a ponytail and is wearing a brown cardigan over a light blue top and blue jeans. She is looking back at the doctor. The hallway is lit by warm wall sconces and has several doors along the walls. A large, semi-transparent watermark 'Dr Sangeeta Dhanuka' is overlaid diagonally across the bottom half of the image.

We did what the reports suggested at the time. But sometimes... the tests we rely on don't see everything.

But his diabetes was always there.

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So... the scores weren't wrong. They were just not enough?

Exactly. I wish I had known this earlier

Dr Sangeeta Dhanuka

The Reality of Indian Patients

Type 2 Diabetes and MASLD

1 in 8

One in eight of these patients already has **advanced fibrosis.**

Common blood-based scores miss ~80% of advanced fibrosis cases at standard cut-offs.

Dr. Sangeeta Dhanuka

Don't wait for the blood scores to turn red.



CLINICAL IMPLICATIONS



USE **VCTE OR SEQUENTIAL METHODS**, not just liver scores alone



Adapt **SCREENING TOOLS** to fit Indian population data



REFRAME EDUCATION on fibrosis risk based on **NEW LOCAL EVIDENCE**

Look earlier. Look deeper. Understand the baseline.