



# Healthy Nevada Project: NASH Study

## What to expect from your Enhanced Liver Fibrosis (ELF) test

Non-Alcoholic Steatohepatitis (NASH) is a serious health condition that involves inflammation of the liver. NASH can progress to liver cirrhosis and other major health complications. This study focuses on learning more about this disease for which there is no current FDA-approved treatment. We hope to learn how to better screen for NASH and to develop treatment options to halt progression of the disease, or even reverse it.

An ELF test is an FDA-approved test that analyzes three biomarkers associated with active liver fibrosis (scarring) to provide a risk score. By completing the ELF test, you will receive a risk score that can help identify your risk of liver related outcomes in the next five years. This result will be available in MyChart within approximately two weeks of providing the sample.

**If your risk is moderate (9.8 - 11.2) or high (greater than 11.2)** a qualified provider working with the Healthy Nevada Project will contact you via MyChart or over the phone to answer any questions you may have about your result.

**Risk score categories and recommendations can be found on the back page.**

For more information, call **775-982-6914** or email **RenownIHI@renown.org** and one of our Genomic Representatives would be happy to assist you.



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## Low Risk: less than 9.8

An ELF score less than 9.8 is low risk.

### Recommendations

- Continue to eat a healthy diet including a variety of whole foods, fruits and vegetables. Incorporate exercise, such as walking, in a daily routine to keep your risk low.

## Moderate Risk: 9.8 – 11.2

An ELF score between 9.8 – 11.2 is moderate (about 24%) risk of progression of liver disease over the next five years.

### Recommendations

- Start today with diet changes — reduce or eliminate carbonated/sweetened drinks, food/drink with high fructose corn syrup and processed foods.
- A 10% weight loss can lead to improvement or reversal of NASH.
- Discuss your risk factors with a primary care provider.
- Complete testing to rule out other causes of liver disease. These may include blood tests and imaging such as an ultrasound.
- Discuss whether you need to see a gastroenterologist or medical weight management specialist.

## High Risk: greater than 11.2

An ELF score greater than 11.2 is high (about 57%) risk of progression of liver disease over the next five years.

### Recommendations

- Schedule an appointment with a primary care provider to discuss a referral to gastroenterology.
- Start today with diet changes — reduce or eliminate carbonated/sweetened drinks, food/drink with high fructose corn syrup and processed foods.
- A 10% weight loss can lead to improvement or reversal of NASH.
- Discuss your risk factors with a provider and learn how you can help control chronic conditions such as high cholesterol and diabetes that increase risk of liver disease.
- Complete testing to rule out other causes of liver disease. These may include blood tests and imaging such as an ultrasound.