

# Variables associated with increased incidence of non-alcoholic fatty liver disease (NAFLD) in patients with type 2 diabetes

*Author: Loosen SH, Demir M, Kunstein A, Jördens M, Qvarskhava N, Luedde M, Luedde T, Roderburg C, Kostev K  
Diabetes*

## Aims

Type 2 diabetes (T2D) and non-alcoholic fatty liver disease (NAFLD) show a rapidly increasing incidence worldwide. Although both diseases often occur in the same patient population, their mutual influence is not fully understood. We therefore aimed at analyzing the impact of T2D on the incidence of NAFLD in a large cohort of outpatients in Germany.

## Methods

32 201 patients with T2D diagnosed between 2012 and 2018 were identified in the IQVIA Disease Analyzer database. Probability of NAFLD was analyzed using Cox regression models.

## Results

The cumulative incidence of NAFLD within the 7-year observation period was 4.3%. The probability of NAFLD was significantly higher among patients with T2D with increased body mass index but not hemoglobin A1c. Prescriptions of sodium-glucose cotransporter-2 inhibitors (HR: 0.54, 95% CI 0.45 to 0.64), glucagon-like peptide-1 receptor antagonists (HR: 0.65, 95% CI 0.52 to 0.81), and insulin (HR: 0.72, 95% CI 0.62 to 0.8) were significantly associated with lower incidence of NAFLD.

## Conclusion

Our data from a large population-based cohort of patients with T2D identified sociodemographic and therapeutic parameters associated with NAFLD incidence in patients with T2D which should be taken into account for novel therapeutic concepts.

*Quelle: Loosen SH, Demir M, Kunstein A, Jördens M, Qvarskhava N, Luedde M, Luedde T, Roderburg C, Kostev K. Variables associated with increased incidence of non-alcoholic fatty liver disease (NAFLD) in patients with type 2 diabetes. BMJ Open Diabetes Res Care. 2021 May;9(1):e002243*



If you would like to read any of the studies in its entirety, please, contact us to obtain the full version of a publication. Also, our research director is at your disposal if you have any further questions. Thank you for your interest!

## CONTACT

IQVIA Commercial GmbH & Co. OHG  
Unterschweinstiege 2 - 14 | 60549 Frankfurt am Main  
Tel. +49 69 6604-0  
[iqvia.de](http://iqvia.de)