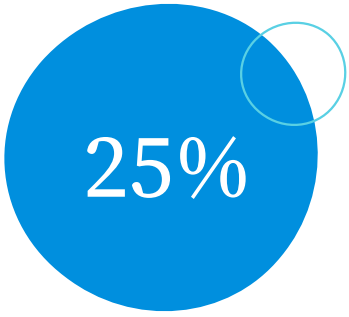
NON-ALCOHOLIC STEATOHEPATITIS (NASH)

Enhanced Liver Fibrosis (ELF™) Test

Understanding a person's risk of progression to end-stage liver disease can lead to better patient management and significantly improved outcomes.

The prevalence of non-alcoholic fatty liver disease (NAFLD) in the United States is reported to be between 10% and 30%, and the pooled overall global prevalence of NAFLD is estimated to be greater than 25%.[1,2] NAFLD may range from a non-serious condition called fatty liver to a potentially serious condition called non-alcoholic steatohepatitis (NASH).



Estimated global prevalence of NAFLD

- ✓ **More accurate results.**
- ✓ **Fewer invasive procedures.**
- ✓ **Better outcomes.**

NAFLD is the most common cause of chronic liver disease in developed countries, largely due to the increased prevalence of comorbidities such as obesity and type 2 diabetes. A percentage of patients with NASH and liver fibrosis will eventually progress to cirrhosis and/or hepatocellular carcinoma. In fact, NASH is expected to become the leading cause of liver transplantation in the United States in the next few years.[3-5] Therefore, there is an urgent need for a non-invasive prognostic test for identifying patients with NASH who are at increased risk of developing end-stage liver disease so they can be treated aggressively to prevent disease progression.

The Enhanced Liver Fibrosis (ELF™) blood test is a simple, accurate, non-invasive test that provides a numeric score for use in patients known to have advanced liver fibrosis. It is indicated as a prognostic marker in conjunction with other laboratory findings and clinical assessments in patients with advanced fibrosis (F3 or F4) due to NASH in order to assess the likelihood of progression to cirrhosis and liver-related clinical events.[6]

The ELF™ test measures three direct markers of liver fibrosis: hyaluronic acid (HA), Type III procollagen peptide (PIIINP), and tissue inhibitor of matrix metalloproteinase 1 (TIMP-1). The results of these three biomarkers are integrated through an automated algorithm to provide a score that assesses the likelihood of progression to cirrhosis and liver-related clinical events.

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For early treatment and prevention of progression to late-stage liver disease, we can help.

NASH: Progression of a potentially life-threatening disease

ELF Score	Risk of Progression
<9.80	Lower Risk
9.80 - 11.29	Mid Risk
>11.29	Higher Risk

Test Information

Test Name	Test No.	Specimen	Container	Storage
Enhanced Liver Fibrosis (ELF™) Test	**550659**	2.5 mL Serum	Gel-barrier tube or red-top tube	Frozen (preferred) or refrigerated

References

1. Vernon G, Baranova A, Younossi ZM. Systematic review: the epidemiology and natural history of non-alcoholic fatty liver disease and non-alcoholic steatohepatitis in adults. *Aliment Pharmacol Ther.* 2011.
2. Younossi ZM, Koenig AB, Abdelatif D, Fazel Y, Henry L, Wymer M. Global epidemiology of nonalcoholic fatty liver disease-Meta-analytic assessment of prevalence, incidence, and outcomes. *Hepatology*. 2016.
3. Younossi ZM. Non-alcoholic fatty liver disease - A global public health perspective. *Journal of hepatology*. 2019;70(3):531-544.
4. Chalasani N, Younossi Z, Lavine JE, et al. The diagnosis and management of nonalcoholic fatty liver disease: Practice guidance from the American Association for the Study of Liver Diseases. *Hepatology*. 2018;67(1):328-357.
5. Sanyal AJ. Past, present and future perspectives in nonalcoholic fatty liver disease. *Nature reviews Gastroenterology & Hepatology*. 2019;16(6):377-386.
6. ADVIA Centaur® Enhanced Liver Fibrosis (ELF) [package insert]. Tarrytown, NY. Siemens Healthcare Diagnostics Inc. Rev. 01, 2021-08.

For more information about ELF™ and how it can benefit your patients, contact your Labcorp sales representative. For more information on NASH and NAFLD, **visit Labcorp.com/NASH-providers**.

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