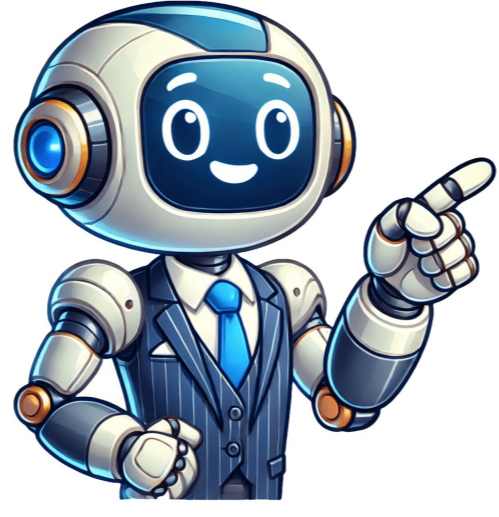


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Asld practice guidelines

AASLD develops evidence-based practice guidelines and practice guidances which are updated regularly by a multi-disciplinary panel of experts, including hepatologists, and include recommendations of preferred approaches to the diagnostic, therapeutic, and preventive aspects of care. Alcohol-associated liver disease (ALD) represents a spectrum of liver injury resulting from alcohol use, ranging from hepatic steatosis to more advanced forms including alcoholic hepatitis (AH), alcohol-associated cirrhosis (AC), and acute AH presenting as acute-on-chronic liver failure. ALD is a major cause of liver disease worldwide, both on its own and as a co-factor in the progression of chronic viral hepatitis, nonalcoholic fatty liver disease (NAFLD), iron overload, and other liver diseases. ALD develops through several stages, beginning with hepatic steatosis, and, in some individuals, gradually progressing through AH (the histological correlate of which is alcoholic steatohepatitis), culminating in cirrhosis. Progression through these various stages is dependent on continued heavy alcohol use and other risk factors, including female sex, genetic susceptibility, diet, and comorbid liver disease. ALD carries a significant stigma in society. It is increasingly recognized by providers that patients and their families seek to reduce the stigma of ALD, and a change from the term "alcoholic" to "alcohol-associated" will help; thus, alcohol-associated liver disease, alcohol-associated steatohepatitis, and alcohol-associated cirrhosis are suggested, retaining the familiar abbreviations (ALD, ASH, and AC, respectively). Due to longstanding usage, the term "alcoholic hepatitis" will likely persist. Diagnosis and Treatment of Alcohol-Associated Liver Disease: A Practice Guideline for Primary Care. NLM provides access to the scientific literature. Inclusion in the NLM database does not imply endorsement or agreement with, or endorsement by NLM. National Institutes of Health. Learn more: PMC Disclaimer | PMC Copyright Notice. Author manuscript available in PMC. 2024 Dec 1. This guideline document provides an updated approach to the prevention, diagnosis, and treatment of hepatocellular carcinoma (HCC). The prior American Association for the Study of Liver Diseases (AASLD) HCC guidance document was updated at this time to reflect clinically significant changes to approaches in several of these areas. Notable examples of these updates include recommendations for use of ultrasound and alpha fetoprotein (AFP) for HCC surveillance, expanded indications for surgical therapies, incorporation of immune checkpoint inhibitor (ICI) therapy for first-line systemic therapy, and explicit recommendations for multidisciplinary care and advance care planning (ACP). This guidance on HCC was developed with the support and oversight of the AASLD Practice Guidelines Committee. AASLD guidelines are supported by systematic reviews of the literature, formal ratings of evidence quality and strength of recommendations, and, if appropriate, meta-analysis of results using the Grading of Recommendations Assessment Development and Evaluation system. In contrast, this document was developed by consensus of a multidisciplinary expert panel and provides guidance statements based on formal review and analysis of the literature on the topics and questions related to the prevention, diagnosis, and treatment of HCC. Although the literature review for this document is comprehensive and unbiased, the lack of mandatory systematic reviews facilitated more rapid publication. The expert panel rated the level of evidence for each recommendation based on the Oxford Center for Evidence-Based Medicine.[1] Additionally, the panel categorized the strength of recommendations based on the level of evidence, risk-benefit ratio, and patient preferences. Primary liver cancer is the sixth most common cancer worldwide and the third leading cause of cancer-related deaths—both worldwide and in the United States as of 2020.[2] HCC is the most common type of primary liver cancer, accounting for 75% – 86% of cases.[3] Men are affected approximately two to three times more than women, with higher incidence and mortality across most countries.[4] There are also notable racial and ethnic disparities in HCC, with a disproportionately burden of disease affecting American Indian, Hispanic, and Black persons more than non-Hispanic White persons.[5] In the United States, HCC incidence and mortality rates increased from 1970 to 2010, but incidence began to decrease in 2011, and mortality plateaued in 2013, with one study showing a subsequent ~3% decrease per year.[6] This improvement is likely related to changing demographics and risk factors for HCC as well as advances in prevention, early detection, and treatment. The strongest risk factor for developing HCC is cirrhosis from any liver disease etiology, which is present in over 80% of patients with HCC.[7] Patients with cirrhosis from any etiology typically have a ~2% annual risk of developing HCC.[8] Chronic hepatitis B virus (HBV) and hepatitis C virus (HCV) infections remain the predominant etiologic risk factors in many parts of the world, although the proportion of patients with HCC with HBV or HCV infection is declining in areas with dedicated viral hepatitis elimination programs (Figure 1).[10] For example, universal newborn HBV vaccination programs in Asia are associated with significant decreases in HCC incidence.[11] Areas without robust viral hepatitis elimination programs continue to have a disproportionately high burden of HBV-associated HCC. For example, HCC develops at substantially younger ages (median age 46 y) in Sub-Saharan Africa because of vertical transmission, and projections suggest HCC incidence will double by 2040.[12,13] This age disparity persists in people who are HBV-infected and emigrate elsewhere, such that more than one third of persons from Africa who develop HCC are diagnosed before age 40 years.[14] Antiviral therapy for HBV and HCV also significantly reduces HCC risk, although patients with cirrhosis (and possibly those with advanced fibrosis) continue to have persistent risk of developing HCC. Accordingly, viral hepatitis-related HCC has plateaued in most of the developed world, including the United States. Worldwide incidence of HCC and most common risk factors. ASLR, age standardized incidence rate; HBV, hepatitis B virus; HCV, hepatitis C virus; NASH, nonalcoholic steatohepatitis. Reprinted with permission from Llovet et al. [9] and the International Agency for Research on Cancer/World Health Organization. In parallel, alcohol and NAFLD-related HCC have increased in both incidence and mortality rates in the United States, with a similar trend in other developed countries. Alcohol-associated cirrhosis is a known risk factor for HCC development, and alcohol use as a cofactor with other etiologies increases HCC risk as much as 5-fold.[15] NAFLD has become a significant public health concern, related to significant increases in the prevalence of obesity and metabolic syndrome.[16] and is currently the fastest growing cause of HCC in liver transplant (LT) candidates.[17] NAFLD has also become the leading cause of HCC in the absence of cirrhosis, with approximately one-fourth to one-third of NAFLD-related HCC occurring in the absence of cirrhosis; however, further data are still needed to identify which patients with noncirrhotic NAFLD have sufficient risk to warrant HCC surveillance.[18–21] A long list of other cofactors can increase or decrease individual HCC risk in at-risk patients with chronic liver disease, and combinations of risk factors are often synergistic rather than additive. Lifestyle factors, such as alcohol and tobacco use, increase risk of many cancers, including HCC.[15] Smoking is associated with a 20%–86% increased risk of HCC, which can return nearly to baseline after 30 years of smoking cessation.[22] Obesity is associated with a 1.5–4.5 times higher risk of HCC and contributes to nearly 10% of HCC worldwide.[23–25] Similarly, metabolic syndrome components, including diabetes, nearly double HCC risk in the absence of overweight/obesity.[26–28] In the United States, state-level HCC incidence has a moderate correlation with regional obesity and lack of physical activity, suggesting a possible benefit of public policy interventions.[29] Although no studies have demonstrated that weight loss significantly reduces HCC risk, this intervention has known beneficial effects on NAFLD activity and fibrosis, so it should be recommended in patients with overweight or obesity and chronic liver disease.[30] Physical activity also likely has beneficial effects in primary HCC prevention, as well as earlier cancer diagnosis, beyond the confounding effect of weight loss.[23] Dietary exposure to aflatoxin B1 and aristolochic acid are known cofactors for HCC in patients with HBV infection.[31,32] Ideally, risk should not move beyond population-based estimates and instead assess individual-level risk based on specific patient characteristics. This is particularly important in populations with unclear benefits of HCC surveillance but large within-group variation in HCC, such as post-sustained virological response (SVR) patients with advanced fibrosis or those with noncirrhotic NAFLD. Multiple risk scores have been developed in patients with cirrhosis, using clinical features and/or laboratory data to risk stratify patients; however, most require validation in large populations and further refinement.[33–35] There are also several risk stratification models in patients with HBV, although fewer have been validated in Western populations in the setting of antiviral therapy. One model that has been more widely validated is the PAGE-B score, composed of sex, age, and platelets, with scores ≤ 9 , 10–17, and ≥ 18 equating to low, intermediate, and high risk of HCC, respectively.[36] Thus, it is unclear which risk
scores, if any, are adequately accurate, and none are currently recommended for regular use in routine practice. Antiviral treatment significantly decreases HCC risk in patients with and without cirrhosis from HBV or HCV infection and remains one of the most effective methods of primary prevention for HCC (Figure 2).[37] HBV vaccination has also been shown to significantly reduce HCC risk, so this should be performed in all newborns as well as high-risk adults who failed to undergo vaccination at birth. Efforts to develop an HCV vaccine are ongoing, but one does not exist at this time. Proven and emerging primary prevention strategies for hepatocellular carcinoma. Abbreviations: AFP, alpha fetoprotein; GALAD, Gender, Age, AFP-L3%, AFP, and DCP model; HBV, hepatitis B virus; HCV, hepatitis C virus. 1. Included in guidance statements given more favorable risk-benefit ratio compared with other potential strategies. Other chemoprevention measures in at-risk patients, particularly those with nonviral etiologies of liver disease, remain an area of significant need. A meta-analysis of case-control and cohort studies demonstrated that at least one cup of coffee consumption is dose-dependently associated with a significant reduction in HCC risk.[38] Decaffeinated coffee appears to have similar benefits, although to a lesser magnitude.[39] Given the relatively low risks associated with coffee intake, and multiple studies suggesting possible benefits, coffee consumption may be recommended in patients with chronic liver disease. However, it remains unclear what preparation and quantity of coffee is most beneficial, and patients should be cautioned against additives such as cream and sugar. Medications, including aspirin and statins, also have potential chemoprevention effects (Figure 2). Studies from Sweden and the United States demonstrated a 43%–60% reduction in HCC risk with aspirin use exceeding 5 years.[40,41] Similarly, meta-analyses found statin use may be associated with reduced HCC risk, with a relative risk of 0.54, regardless of underlying disease.[42,43] The type of statin may be important, with one study showing a potential benefit from lipophilic but not hydrophilic statins.[44] Lastly, antiandrogenic medications, including metformin, have been explored as HCC chemoprevention agents; however, data have been conflicting.[45,46] Although supporting data for aspirin, statins, and metformin are similar to that of coffee—that is, observational data with risk of confounding—these medications have higher potential risks of toxicity and adverse events (AEs). Therefore, these medications are not currently recommended for HCC chemoprevention alone but can be considered in patients with relevant indications for their use. Notably, statins need not be avoided by patients with chronic liver disease, including those with cirrhosis. Ongoing prospective trials are anticipated to provide further insights into their roles in patients with cirrhosis, including for potential chemoprevention. HCC surveillance should be performed in at-risk individuals, including subsets with chronic HBV infection or those with cirrhosis from any etiology (Table 1). Among these broader populations, surveillance should be targeted to those who would be potentially eligible for curative treatment that can improve survival. Two of the most important factors to consider are the severity of the underlying liver disease and presence of comorbid conditions (Figure 4). In contrast, there are several cohort studies among patients with cirrhosis from any etiology (right panel). Reprinted with permission from Zhang et al [5] and Singal et al [56]. The overall HCC surveillance program must balance surveillance benefits against potential physical, financial, and psychological harms (Figure 4). To date, few data exist on potential surveillance harms, including few data quantifying psychological or financial harms.[62,63] Available data suggest HCC surveillance harms that are due to false positives and indeterminate tests occur in ~10% of patients with cirrhosis and most harms are mild or severe.[56] Therefore, the benefit of HCC surveillance appears to outweigh potential harms. Bdominal ultrasound has been the cornerstone of surveillance testing for over 20 years, although it is highly operator dependent and has worse performance in patients with obesity.[64–67] The incremental benefit of adding AFP has long been debated. A meta-analysis of available data showed the sensitivity and specificity of ultrasound alone for early-stage HCC detection is only 53% (95% CI, 35%–70%) and 91% (95% CI, 86%–94%), respectively,[68] whereas ultrasound plus AFP achieves a sensitivity of 63% for early-stage HCC (95% CI, 48%–75%). Although a small decrease in specificity offsets this increased sensitivity, the diagnostic odds ratio of the combination was higher than ultrasound alone. A cost-effectiveness analysis comparing the strategies found ultrasound plus AFP was the most cost-effective approach.[50] Therefore, AASLD recommends HCC surveillance using a combination of liver ultrasound and AFP. Several promising biomarkers are being evaluated for HCC surveillance, although most are in early phases of evaluation and still require validation in large Phase III and Phase IV biomarker cohort studies (Table 2).[69–74] Two well-studied biomarkers include the Lens culinaris lectin binding subfraction of the AFP, or AFP-L3%, which measures a subfraction of AFP.[75] and des gamma carboxy prothrombin (DCP), also called protein induced by vitamin K absence/antagonist-II (PIVKA-II), a variant of prothrombin that is also specifically produced at high levels by a proportion of HCCs.[76,77] These biomarkers are currently Food and Drug Administration (FDA)-approved for risk stratification but not HCC surveillance in the United States. AFP-L3% and DCP have insufficient sensitivity to detect early-stage HCC when used alone; however, these biomarkers may be used in combination with AFP to improve surveillance test performance. 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