

Nonalcoholic Steatohepatitis;N.A.S.H In Babil Governorate

Thamir M. Kadhim*

الخلاصة

د الشد حمية م ن أسد باب الوف اة المفاجئ اة المعروف اة وم ن ن إن تصد يب أي شد خص وبالآلي ات وأمختلف بابة كالإدم ان عل ي الكحول،أسباب ايضية،أدوية،سموم،أثناء الحمل والسمنة. اره ذا الم رض ف ي عم وم المجتمع مع بغية اة علاج ه إم ا باز اله السبب أو باستخدام العلاج المناسب. علة عل ي مائة جثة اة محالمة إلى اة الط ب الع دلي ف ي محافظ اة ل للفت رة م ل من الأون نيسد إل ان 2007أول م ن نيسد ان 2008 ي وب(65) باب(35) اة عنيف اة م اسد تثناء الم دمن عل ي ابين ب داء السد كري والب دناء والنسد اء الحوام ل وكب ار وصغار السن . تحالة شد حمية م ن الذ وع البسد يط ف ي ثم اني جث تخم) س ذكور، وثلاث إناث (ولم تكن مصاحبه تضخم الكبد أو الطحال .

Abstrct

Fatty liver is a well known cause of sudden death. It could affect any one with different etiologies, alcohol ,metabolic, drugs, poisons, pregnancy, obesity...etc

Objective:To demonstrate the extent of such defect among general population in order to correct it by elimination the cause and the promising treatment.

Patients and materials: A hundred cadavers referred to the Forensic pathology department in the Babil Health Directorate were examined from the 1st of April 2007 to the 1st of April 2008, 65 males, 35 females fall in the category of the violent death .Alcoholics, diabetics, obese, pregnant, and those who were in the both extremities of age were excluded.

Result: A mild type of fatty changes was found in eight cadavers (5 males, 3 females) not associated with hepato or splenomegaly.

*College of medicine, Al-Qaddissiah University

Introduction

The common cause of accumulation of fat in the liver is chronic alcoholism, this can also occurs in obesity, diabetes, and viral infection as well as toxic compounds of phosphorus and chlorinated hydrocarbons.(1)

While the death is certified as due to fatty metamorphosis of the liver, no one seriously believes that it is the actual cause of death. Rather, it is a marker of chronic abuse of alcohol. The present thought is that such deaths are due to cardiovascular etiologies.(2)

Alcoholics can die in many different ways. Chronic alcoholics may die suddenly without alcohol in their system, and the only finding at autopsy may be a fatty liver. A death from any disease caused by alcoholism is considered natural.(3)

Nonalcoholic fatty liver disease(Nonalcoholic Steatohepatitis;N.A.S.H) is now recognized as the most common liver disease in U.S.A(4)It is a clinicopathologic syndrome that may progress to end stage liver disease(5)Cases occur most commonly in obese, middle-aged women with diabetes. However, NASH may Also occur in children and normal weight men with normal glucose and lipid metabolism(4).NASH affects 2.6% of children and this figure increases to 22.5to 52% in the obese pediatric Population (5)Most patient with NASH are a symptomatic as with many other types of chronic liver diseases(6)NASH is often diagnosed after abnormalities are noted during routine laboratory testing (6)Fatigue, malaise, and vague right hypochondrial pain and abdominal discomfort bring the patient To medical attention. Hepatomegaly was noted frequently in up to 75% of the patient in several Studies (6)Splenomegaly was noted at the time of diagnosis in about 25% of the patients(7).Analysis of liver biopsy specimens is necessary for diagnosis and must be done in all patients with Unexplained abnormal liver function and negative result on anon-invasive work up(8)Liver related deaths occur less often in alcoholics without cirrhosis but can occur in patients with Simple steatosis or steatohepatitis(9).No specific effective therapy as yet exists ,although management of the co morbidities; obesity, diabetes ,hyperlipidemia is recommended(10)lthough antioxidant therapy

with vitamin E is often used ,ursodeoxycholic acid is the only drug that has shown benefit and is most promising of the drugs currently being investigated(4)

Patients and methods

A study was conducted on (100) autopsy cases performed in the forensic department in Babil governorate, in a(12monthes)period commencing 1st of April 2007. Sixty five were males, 35 were females. They were in the middle of age (30- 45 years), not obese, not diabetics(depending on the history taken from the nearest relatives), and not alcoholics(depending on the history and alcohol test of the blood).They were all in the category of the violent deaths(the causes of death were:65% road traffic accidents, 30% bullet injuries, and 5% stab wounds) .The females were not pregnant.

After a full autopsy, the liver was examined grossly and six specimens were taken from different parts of it for histopathological examination.

Result

Among the one hundred autopsied cases, fatty changes were found only in eight cadavers(5 males, 3 females)(in 6 of them the cause of death was the road traffic accidents, in the remaining two cases, the bullet injury was the cause of death).And they were of mild type. These were not associated with hepato or spleenomegaly.

Discussion

The prevalence of the fatty changes of the liver in Babil governorate is lower than that in different countries(4,11) and it seems higher than that in other place(12).

In our study, the fatty changes were not associated with hepato or spleenomegaly and this differs from what had been shown previously that there is a significant association between the fatty changes of the liver and the hepatomegaly(6) and less associated with spleenomegaly(7).

References

- 1- V. Dimaio, D. Dimaio: Forensic pathology 2nd ed. 2001, p103
- 2- Chejfec G, Fat replacement of the glycogen in the liver as a cause of death. Arch. Pathol. Lab Med 2001 ; 125: 21-24.
- 3- Dix Jay, MD , Caladuce Robert, MD :Guide to Forensic pathology Florida CRC 1998 80-81
- 4-Mecullough A.J. :Update on Nonalcoholic Fatty Liver Disease. J.Clin. Gastroenterol 2002 34 255-62
- 5-aul Angulo, Keith D. Nonalcoholic Fatty Liver Disease. World Gastroenterol (pre congress news) 2002 6 39-40.
- 6-atrick Okolo III, Anna Mae Diehl :Nonalcoholic Steatohepatitis &Focal Fatty Liver In Mark Feldman, Bruce F Scharsch, Marvin H Sl. (eds) Sleisenger And Fordtran's. Gastrointestinal & Liver Disease Pathophys. /Diag. / Manage. 6th ed. W.B Saunders Company 1998 1215- 19
- 7-acon B, Faravash, Mj, Janney CG, et al : Nonalcoholic Steatohepatitis :An Expanded Clinical Entity Gastroenterol 1994 107 1103
- 8-heath S. G., Gordon-F D, Chopra – S: Nonalcoholic Steatohepatitis Ann – Intern – Med 1997 126 137- 45
- 9-andall B : Fatty Liver & Sudden Death A review Hum. – Path 1980 11 167
- 10-adih – S Younossi – ZM : The spectrum of Nonalcoholic Fatty Liver Disease: From Steatosis to Nonalcoholic Steatohepatitis Clev – Clini – J Med 2000 67 96 – 7, 101-4
- 11-mura H, Kashiwogi S, Hayashi J, Kajiyama W, Tani S, Goto M. :Prevalence of FLD in General Population of Okinawa, Japan Jpn J Med 1988 May, 27(2) : 142- 9
- 12- Charlton M, Kaspar Ova p, Weston S, Lindor K, Maor- Kandler Y, Wiesner RH, Rosen CB, Batts KP : Frequency of NASH as a cause of advanced liver disease Transpl 2001 Jul; 7(7); 608-14