

WHAT IS FIB-4?

FIB-4 is an index that estimates liver fibrosis based on four readily available factors:

- Age
- Three markers from routine blood work:
 - AST level
 - ALT level
 - Blood platelets count

This index can be calculated by you or your doctor using an on-line calculator which can be found at mdcalc.com (search for FIB-4) or by using this QR code.



FIB-4 Index
(Platelet,ALT,AST)

WHY USE FIB-4?

Liver fibrosis (scarring of liver tissue) is an important predictor of liver disease progression and FIB-4 is an inexpensive, readily available and easily repeatable screening tool that can be used at the primary care physician level.

HOW ACCURATE IS FIB-4?

FIB-4 is most accurate for patients between the ages of 35 and 65. Studies have shown that the index is about 80% accurate.



HOW DO I INTERPRET THE RESULTS?

FIB-4 calculates an index that places patients into one of three categories:

<1.3

Low risk for advanced liver fibrosis

WHAT IS MY NEXT STEP?

The next step is dependent on the category:

LOW RISK

Periodically repeat the FIB-4.

1.3-2.6

Indeterminate risk for advanced liver fibrosis

INTERMEDIATE RISK

Additional testing is required, either with an ELF test or a Fibroscan, or similar test. This may require a referral to a hepatologist.

>2.6

Advanced risk for advanced liver fibrosis

ADVANCED RISK

Ask to be referred to a hepatologist for additional testing and counseling.



FOR MORE INFORMATION GO TO
WWW.LIVERADVOCATES.ORG

