

# 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](http://mdcalc.com) (search for FIB-4) or by using this QR code.



**FIB-4 Index**  
*(Platelet, ALT, AST)*



**LIVER EDUCATION  
ADVOCATES**

## 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.

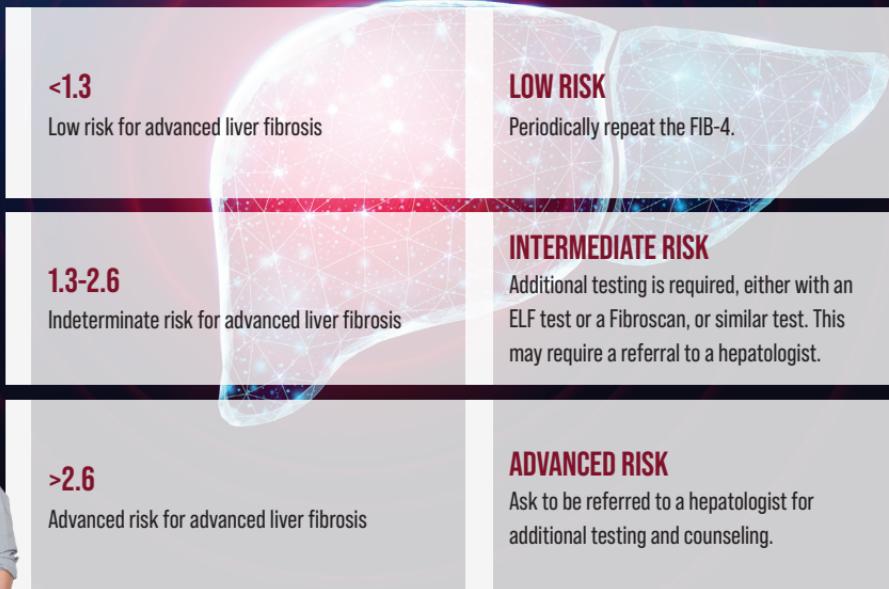
## HOW ACCURATE IS FIB-4?

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:



## WHAT IS MY NEXT STEP?

The next step is dependent on the category:



FOR MORE INFORMATION GO TO  
[WWW.LIVERADVOCATES.ORG](http://WWW.LIVERADVOCATES.ORG)

