

METALD

WHAT IS METALD?

MetALD is the abbreviation for Metabolic Dysfunction-Associated Alcohol-Related Liver Disease. It describes a condition where liver disease is driven by both metabolic conditions and alcohol use.

The spectrum of liver disease includes:

MASLD

Primarily driven by metabolic factors

MetALD

Driven by a combination of metabolic factors and alcohol use

Alcohol-Associated Liver Disease

Primarily driven by alcohol

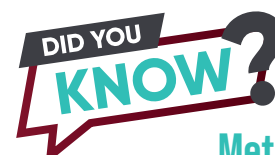
HOW IS METALD DIAGNOSED?

- The diagnosis is based on clinical criteria rather than on a biomarker.
- While there are tests that measure the amount of alcohol consumption, there is no biomarker that measures the impact of alcohol on the liver.
- The diagnosis is heavily dependent on the patient's accurate depiction of their alcohol usage.
- There is a tendency to underreport alcohol consumption, leading to an underreporting of MetALD.
- A helpful tool often used to evaluate alcohol use is the AUDIT-C questionnaire, which is available for public use and is shown on the reverse side. This brief questionnaire was developed in the 1990s.



WHY IS IT IMPORTANT TO DIFFERENTIATE BETWEEN MASLD AND METALD?

- The combination of metabolic dysfunction and alcohol may lead to a faster progression to cirrhosis.
- MetALD generally has a higher level of risk:
 - A borderline Fib-4 may warrant closer follow-up.
 - An imaging referral may be needed.
- Lifestyle counseling must address both metabolic issues and alcohol use.



MetALD
was added to the
liver lexicon in 2023

METALD VS. MASLD

- While it is best for the liver to completely avoid alcohol, thresholds have been established to set a less risky level of alcohol consumption:
 - For women, the threshold is 140 grams of alcohol per week, equal to about 10 drinks
 - For men, the threshold is 210 grams of alcohol per week, equal to about 15 drinks
 - A 12-ounce beer, a 5-ounce glass of wine, and a shot of alcohol are each considered one drink.
- Metabolic issues plus alcohol consumption in excess of the threshold level is considered to be MetALD.
- MASLD includes alcohol use below the thresholds.
- MetALD usually involves:
 - Moderate alcohol intake
 - Not necessarily decades of heavy drinking
 - But enough alcohol to contribute biologically



AUDIT-C

(ALCOHOL USE DISORDERS IDENTIFICATION TEST - CONSUMPTION)

Definition of a Standard Drink (U.S.):

One standard drink contains approximately 14 grams (0.6 ounces) of pure alcohol.

This is equivalent to:



12 oz of regular beer
(about 5% alcohol)



5 oz of wine
(about 12% alcohol)



1.5 oz of distilled spirits
(about 40% alcohol)

HOW OFTEN DO YOU HAVE A DRINK CONTAINING ALCOHOL?

Never
(0)

Monthly or less
(1)

2-4 times a month
(2)

2-3 times a week
(3)

4 or more times a week
(4)

HOW MANY STANDARD DRINKS CONTAINING ALCOHOL DO YOU HAVE ON A TYPICAL DAY?

1 or 2
(0)

3 or 4
(1)

5 or 6
(2)

7 to 9
(3)

10 or more
(4)

HOW OFTEN DO YOU HAVE SIX OR MORE DRINKS ON ONE OCCASION?

Never
(0)

Less than monthly
(1)

Monthly
(2)

Weekly
(3)

Daily or almost daily
(4)

SCORING

Each question is scored from 0 to 4 points.

Add the scores for a total (range 0-12).

In general, a score of 4 or more in men or 3 or more in women is considered positive, indicating hazardous drinking or active alcohol use disorders.

