

High blood uric Acid and Fatty Liver Disease

Elevated blood uric acid levels occur in one-third of cases with fatty liver. If the blood uric acid level is high in a lean or an average weight individual; the likelihood of fatty liver is high. Individuals who have high uric acid level are likely to have fatty liver on the ultrasound evaluation. Insulin resistance and high blood uric acid levels go together. Insulin resistance is at the root of most food and lifestyle diseases, including Metabolic syndrome, obesity, heart disease, high blood pressure, and Type2 diabetes. Fatty liver increases insulin resistance; not surprisingly; therefore, there is an association between these medical conditions and the fatty liver.

High uric acid is a marker for fat-induced liver inflammation - steatohepatitis (NASH).