

# ***NASH - The patient perspective***

By Yvonne Gray



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1005 Foxglove Lane St



**Lead Consultant:** 

**Diagnosis:**

1. Non-alcoholic fatty liver disease (biopsy September 2010 & December 2016 steatohepatitis with stage 3 out of 4 fibrosis)
2. Metabolic syndrome with type II diabetes, central obesity and hypertension
3. Severe bile acid malabsorption
4. Previous Hashimoto's thyroiditis
5. Previous vitamin D Iron deficiency anaemia requiring iron infusions under haematology
6. Previous cholecystectomy
7. Previous right hemisphere TIA 2008
8. Fluctuating eosinophilia
9. Right duplex kidney
10. Previous oral herpes zoster
11. Multiple gastric polyps
12. Sjogren's syndrome
13. Chronic fatigue under Professor 

**Medication**

- ↑ Metformin from 500mg tds to 1g bd
  - ↑ Perindopril from 4 to 8mg od
  - ↓ Atenolol from 50 to 25mg od
  - Ferrous sulphate 200mg od (*not with thyroxine*)
  - ↓ Aspirin 75mg from od to alternate days
  - start Calcium-and-Ergocalciferol (*non proprietary*) 2T bd
- Lansoprazole 15mg od  
Thyroxine 150mcg od

**Final action**

Given loading dose of Colecalciferol (D3) 280,000 IU over 2 weeks.  
Cushing's syndrome excluded. Coeliac Ab screen pending.

Dear [REDACTED]

Although this lady's LFTs aren't very raised, I wondered whether she needs further investigation as AST > ALT? I would be grateful for your opinion.

Signature

[REDACTED]  
Consultant Endocrinologist

Copies:

Yvonne Gray  
[REDACTED]

| Test                      | Result   | N.R.             |
|---------------------------|----------|------------------|
| TSH mU/L                  | <0.05    | 0.3-4.7          |
| fT4 pmol/L                | 21.5     | 9.5-21.5         |
| fT3 nmol/L                | 4.7      | 3.5-6.5          |
| LH / FSH U/L              |          |                  |
| Hb                        | 14.4     | 11.5-16.5        |
| 9am Cortisol post-1mg Dex | 28nmol/L | excludes Cushing |
| Coeliac Ab                | pending  | <450             |
| PTH µg/L                  | 36       | 10-60            |
| Vit D nmol/L              | 37       | 50-200           |
| Na <sup>+</sup> mmol/L    | 139      | 135-145          |
| urate µmol/L              | 0.27     | <0.36            |
| Urea mmol/L               | 4.6      |                  |
| Creat µmol/L              | 70       |                  |
| adj.Ca mmol/L             | 2.45     | 2.12-2.6         |
| Chol mmol/L               |          |                  |
| HDLc / TGs                |          |                  |
| HbA1c %                   | 8.0      | <6.1             |
| ALT / AST                 | 39 49    | <40              |
| gGT                       | 101      |                  |
| TPO Ab                    | 121      | <60              |
| TR Ab                     | <0.8     | <1.0             |
| Glucose                   | 9.7      |                  |
| MRI                       |          | BMD              |
| PIU                       |          |                  |
| <b>Follow-up</b>          | 2 months |                  |