20% of patients with NAFLD progress to nonalcoholic steatohepatitis (NASH), which is strongly linked to liver fibrosis and can lead to cirrhosis, liver transplantation, or even death. Furthermore, 1 in 5 patients with advanced fibrosis progress to cirrhosis in 2.5 years.

According to recommendations for blood testing and referral developed by AACE and cosponsored by AASLD, patients in the high-risk groups with an indeterminate or high FIB-4 index should be considered for further testing with the ELF score. The ELF Score can be used as a prognostic marker for patients who need urgent specialized intervention.
A noninvasive blood test requiring a single nonfasting tube of serum, the ELF Score is based on 3 direct markers of fibrosis:

- **Hyaluronic acid (HA)**
  Extracellular matrix (ECM) component
- **Procollagen III N-terminal peptide (PIIINP)**
  ECM component
- **Tissue inhibitor of metalloproteinase 1 (TIMP-1)**
  Inhibits breakdown of collagen III

### ELF Score Ranges based on FDA Indication

<table>
<thead>
<tr>
<th>ELF Score</th>
<th>Risk of Disease Progression (Development of Cirrhosis or Liver-Related Events)</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;9.80</td>
<td>Lower</td>
</tr>
<tr>
<td>≥9.80–&lt;11.30</td>
<td>Mid*</td>
</tr>
<tr>
<td>≥11.30</td>
<td>Higher</td>
</tr>
</tbody>
</table>

*In the Mid group, the risk of disease progression is similar to the pre-test risk. Pretest risk refers to the likelihood of disease progression in the overall intended use population without considering the ELF Score. Results should always be interpreted in conjunction with the patient’s medical history, clinical presentation, and other findings.

### Test Type

<table>
<thead>
<tr>
<th>Test Type</th>
<th>Test Code</th>
<th>Test Name</th>
<th>Reported Components</th>
</tr>
</thead>
<tbody>
<tr>
<td>ELF</td>
<td>10350(X)</td>
<td>Enhanced Liver Fibrosis (ELF) Score</td>
<td>ELF Score and Interpretation</td>
</tr>
</tbody>
</table>

Assess liver disease and improve outcomes.

For more information, contact your Quest Diagnostics sales representative.

### References