Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

Understanding Your Liver Elastography (FibroScan®) Results

This resource will help you understand your FibroScan results. Your doctor will talk with you about your results during your appointment.

Your FibroScan results
Date: _____ FibroScan steatosis result (CAP score): _____ decibels per meter (dB/m) **Significant steatosis?** Yes ____ No ____ FibroScan fibrosis result: _____ kilopascals (kPa) **Fibrosis score:** _____

About liver elastography and FibroScan

Liver elastography is a test your healthcare provider can use to learn about your liver's health. The test is non-invasive. This means nothing is put inside your body.

FibroScan is a type of liver elastography. FibroScan is a special ultrasound technology that measures liver stiffness

(hardness) and fatty changes in your liver. These measurements help your healthcare provider learn more about your liver disease.

Here are some helpful terms to know related to your FibroScan results:

- **Fibrosis (fy-BROH-sis):** Scarring in your liver.
- **Liver stiffness:** Hardness of the liver caused by liver scarring.
- **Steatosis (STEE-uh-toh-sis):** A condition caused by having too much fat in your liver.
- **Increased fat content (fatty change):** A buildup of fat in your liver that is more than normal.
- **Significant hepatic steatosis:** An amount of fat in your liver that is higher than normal.

Fibrosis and steatosis are measured separately. Your healthcare provider will talk with you about your results during your appointment.

The rest of this resource explains your FibroScan results in more detail. Keep reading to learn more about your results.

About your CAP score

Your CAP score is the measure of increased fat in your liver. This score is measured in decibels per meter (dB/m). Your CAP score will range from 100 dB/m to 400 dB/m.

Your CAP score will tell your healthcare provider if you have significant hepatic steatosis or increased fat content. A normal liver usually has a small amount of fat (less than 5% of the total weight of your liver). A CAP score of 275 dB/m or higher means you have significant hepatic steatosis.

About your liver stiffness result

Your liver stiffness result is measured in kilopascals (kPa). Normal results are usually between 2 and 7 kPa. The highest possible result is 75 kPa.

If you have liver disease, your result may be higher than the normal range.

Using your liver stiffness result to find your fibrosis score

Your healthcare provider will use your liver stiffness result and medical history to find out your fibrosis score. Your results can range from normal to advanced.

- **Normal:** This means your liver has no scarring, or mild scarring.

- **Moderate (a little worse than mild) and severe (very bad):** This is liver scarring that can be reversed (undone) by treating your liver disease. Good nutrition and healthy lifestyle changes can also slow down or reverse the buildup of scarring in your liver. You may not have any symptoms of moderate liver scarring.
- **Advanced:** Cirrhosis (seh-ROH-sis) is a late form of advanced liver scarring. This happens over time in chronic (long-term) liver disease.

You can use the following table to look up your liver's health. This is based on your diagnosis, liver stiffness, and fibrosis scores.

Not all diseases are listed in the table. If you do not see your disease listed, ask your healthcare provider to go over your results with you. If you have more than one liver disease, the table may not apply to you.

To use the table:

1. Find the liver disease you have in the first column on the left.
2. Find your liver stiffness result in the second column from the left. Follow the row that has your results. **The ranges of liver stiffness scores in the table are estimates (not exact).**

3. Read across the rest of that row from left to right. You will find your fibrosis score in the third column from the left. The last column tells you how much scarring is in your liver.

Disease diagnosis	Liver stiffness result	Fibrosis score	Your liver
Alcohol-related disease	2 to 7 kPa	F0 to F1	Is normal.
	7 to 11 kPa	F2	Has moderate scarring.
	11 to 19 kPa	F3	Has severe scarring.
	19 kPa or higher	F4	Has cirrhosis.
Cholestatic disease	2 to 7 kPa	F0 to F1	Is normal.
	7 to 9 kPa	F2	Has moderate scarring.
	9 to 17 kPa	F3	Has severe scarring.
	17 kPa or higher	F4	Has cirrhosis.
Hepatitis B	2 to 7 kPa	F0 to F1	Is normal.
	8 to 9 kPa	F2	Has moderate scarring.
	8 to 11 kPa	F3	Has severe scarring.
	12 kPa or higher	F4	Has cirrhosis.
Hepatitis C	2 to 7 kPa	F0 to F1	Is normal.
	8 to 9 kPa	F2	Has moderate scarring.

	9 to 14 kPa	F3	Has severe scarring.
	14 kPa or higher	F4	Has cirrhosis.
HIV/HCV coinfection	2 to 7 kPa	F0 to F1	Is normal.
	7 to 11 kPa	F2	Has moderate scarring.
	11 to 14 kPa	F3	Has severe scarring.
	14 kPa or higher	F4	Has cirrhosis.
Non-alcoholic fatty liver disease (NAFLD or NASH)	2 to 7 kPa	F0 to F1	Is normal.
	7.5 to 10 kPa	F2	Has moderate scarring.
	10 to 14 kPa	F3	Has severe scarring.
	14 kPa or higher	F4	Has cirrhosis.

Conditions that can affect your fibrosis results

Certain conditions can cause a liver stiffness result that's too high, which makes it incorrect. You may have less scarring than your results suggest. This can happen if you have:

- **Liver inflammation (swelling):** This can be caused by a recent liver illness. It can also be caused by long-term, heavy alcohol use.
- **Tumors in your liver:** These can be cancerous (cancer) or benign (not cancer).

- **Liver congestion:** This means that your liver is too full of blood or other fluids. This is usually caused by heart failure.

FibroScan may give less accurate results, or no results at all if you have:

- **Obesity:** This means your body mass index (BMI) is higher than 30 (a high, unhealthy amount of body fat).
- **Ascites:** Fluid building up in your belly.
- **Biliary obstruction:** A blockage that does not let enough bile flow out of your liver.
- **Scar tissue:** Tissue from surgery or radiation built up near your liver.

Your healthcare provider may use imaging tests, such as ultrasound, CT, or MRI, to see your liver. They may use blood tests or a certain type of MRI to measure scarring and fatty changes in your liver. Call your healthcare provider if you have any questions.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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