

# XXVIII IFSO World Congress

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## REMISSION OF MAFLD SIX MONTHS AFTER METABOLIC BARIATRIC SURGERY: EXPERIENCE IN A SINGLE CHILEAN CENTER

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# Conflict of interest statement

Nothing to disclose.



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**Background:** Metabolic dysfunction-associated fatty liver disease (MAFLD) is strongly linked to obesity, type 2 diabetes, and metabolic syndrome, with risk of progression to cirrhosis and hepatocellular carcinoma. Bariatric surgery has shown potential to reverse steatosis and improve metabolic health beyond weight loss.

**Objective:** To assess MAFLD remission at 6 months post-bariatric surgery in a Chilean cohort using clinical, biochemical, and imaging criteria.

**Methods:** Retrospective cohort of 84 patients (2023–2024) diagnosed with MAFLD by ultrasound plus metabolic criteria. Evaluated anthropometrics, metabolic syndrome components, liver function tests, and ultrasonographic findings before and 6 months after surgery. Statistical analysis included paired t-tests and logistic regression.

**Results:** Hepatic steatosis resolution: **78%**-ALT & AST significantly reduced ( $p<0.05$ )-65% normalized fasting glucose and lipid profiles-Weight loss strongly correlated with remission ( $r=0.72, p<0.01$ )

**Conclusion:** Bariatric surgery led to high MAFLD remission rates and significant liver function improvements in this cohort. Further long-term studies are needed to confirm durability and mechanisms of hepatic recovery.

## Bariatric Surgery and MAFLD Remission Timeline

