CoreMD Clinical Insight Report

Patient: Sarah M. | **Age:** 35 | **Report Type:** Abdominal Ultrasound Interpretation | **Purpose:** Clinical translation and risk stratification of imaging findings

🧠 Executive Summary

Hepatic Steatosis & Hepatomegaly

Your ultrasound shows **fat accumulation in the liver** (hepatic steatosis) and an **enlarged liver** (hepatomegaly). This is a very common but clinically important condition, often associated with metabolic health.

No Structural Damage Detected

At this stage, there is **no evidence of structural damage** such as cirrhosis or focal lesions, which is reassuring.

Early Intervention Recommended

However, the findings indicate that your liver is under **chronic metabolic stress**, and **early intervention is strongly recommended**.

🔬 Key Findings — Explained Simply

1

Liver Enlargement (Hepatomegaly)

- Your liver measures **~19 cm** (above normal range)
- This usually reflects **inflammation or fat accumulation**

> 👉 **Meaning:** Your liver is working harder than normal and responding to metabolic overload.

2

Moderate to Severe Fatty Liver (Hepatic Steatosis)

- Fat has **accumulated inside liver cells**
- **No masses or tumors** were seen

> 👉 **Meaning:** This is reversible, but if untreated, it can progress over time.

⚠️ Clinical Significance

This pattern is highly consistent with:

Metabolic Dysfunction	Insulin Resistance	Early-Stage NAFLD
		Non-alcoholic fatty liver disease

📊 Risk Stratification

Current Stage	**Early–Intermediate (Reversible Phase)**
Short-Term Risk	Low
Long-Term Risk (if untreated)	**Moderate to High**

Potential progression if no intervention

🔍 What This Means For You

1	Liver Inflammation (NASH)
2	Fibrosis
3	Cirrhosis (Late Stage)

> Right now, your body is sending an **early warning signal**.
>
> You are not sick in the traditional sense, but you are on a **trajectory that can lead to disease** if nothing changes.

👉 **This is the ideal moment to intervene.**

Recommended Next Steps

1	2	3
Metabolic Assessment • Fasting glucose / HbA1c • Lipid profile • Liver enzymes (ALT, AST) • Insulin resistance markers	**Lifestyle Optimization *(High Impact)*** • Reduce ultra-processed carbohydrates • Increase protein intake • Structured physical activity (especially resistance training)	**Medical Strategy *(if indicated)*** • Consider GLP-1–based therapy (if weight/metabolic profile supports) • Lipid management • Ongoing monitoring of liver function

🧭 CoreMD Perspective

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Follow-Up Plan • Repeat labs in **3–6 months** • Imaging reassessment if clinically indicated

> Most traditional reports identify the **presence** of fatty liver. They do not explain *why it matters*, what stage you're in, or what to do next.

This report translates your data into:

Clear Understanding	Risk Awareness	Actionable Strategy

✨ Bottom Line

> You are at a **critical but reversible stage**.

With the right intervention, it is entirely possible to:

→ **Reduce Liver Fat**

→ **Normalize Liver Size**

→ **Prevent Long-Term Complications**

📌 **Disclaimer:** This is an educational clinical interpretation based on provided data and does not replace direct medical care. Clinical decisions should be made in consultation with your physician.