中文題目：非酒精性脂肪肝程度與總膽固醇、三酸甘油酯對高密度脂蛋白膽固醇的比值，密切相關：單一醫學中心大範圍的橫斷研究

英文題目: Non-alcoholic fatty liver disease severity is associated with the ratios of total cholesterol and triglycerides to high-density lipoprotein cholesterol: a single center cross-sectional study

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Background and aim: Limited data support the notion that lipid ratios are risk factors for nonalcoholic fatty liver disease (NAFLD). We evaluated the association between lipid ratios and NAFLD.

Material and methods: This was a large population, cross-sectional, retrospective study. Data on NAFLD severity, blood pressure, fasting glucose, total cholesterol (TC), triglyceride (TG), and high-density lipoprotein cholesterol (HDL-C) levels were obtained from 44,767 examinees at single health check-up center. The enrollees were stratified into four subgroups of TC/HDL-C and TG/HDL-C. We used multivariate analyses to evaluate the odds between lipid ratios and NAFLD.

Results: The prevalence rate of fatty liver in this study was 53.76%. In the baseline subgroup of lower TC/HDL-C and TG/HDL-C ratios, the prevalence of NAFLD, hypertension, and diabetes was lower than that of the other subgroups. However, patients with higher lipid ratios had a significantly greater risk for advanced NAFLD.

Conclusion: Adults TC/HDL-C, TG/HDL-C, or both, are associated with more risk for NAFLD, especially advanced NAFLD.