



Prof Bogusław Okopień

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Prof Okopień is Head of the Department of Internal Medicine and Clinical Pharmacology at the Medical University of Silesia and Medical Director at NZOZ Terapia Optima in Katowice, Poland. Prof Okopień has achieved specializations in Internal Medicine, Clinical Pharmacology and Hypertensiology. He is a member of the Polish Pharmacological Society, Polish Society of Clinical Pharmacology & Therapy, Polish Society of Internal Medicine, Society of Monitored Therapy, New York Academy of Sciences, Polish Society of Insurance Medicine, Polish Society for the Research of Atherosclerosis, and the International Atherosclerosis Society. Prof Okopień has received a medal for the National Education Committee, the 100th Anniversary of the Polish Society of Internal Medicine and the Badge of Merit for the Silesian Medical University.

He is the author of 587 scientific papers and his main research interest is in the field of pharmacology, where his team have received several awards: the 1st degree of the Minister of Health twice; the 2nd degree award of the Rector of ŚAM; and the 1st degree Rector of SUM.

Essential phospholipids. Mechanism of action in liver disease explained

What you will learn:

The mechanism of action of essential phospholipids (EPLs) in liver disease. EPLs exert a triple activity in liver diseases:

- Active regeneration of liver cells.
- Detoxification of the liver.
- Protective effect on hepatocytes.
- These mechanisms explain the beneficial clinical effects seen when EPLs are used as adjuvant therapy in NAFLD and NASH.