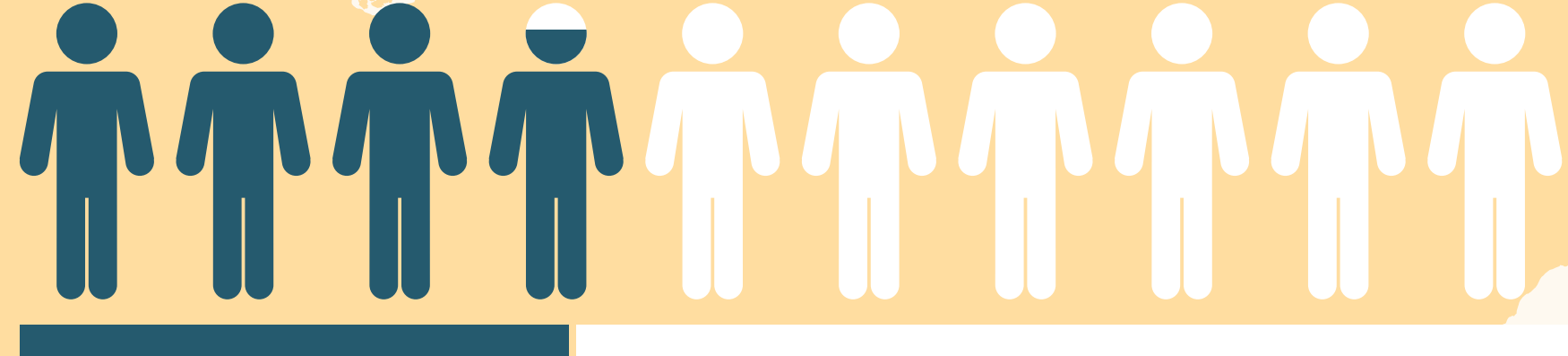


A real-world evidence perspective on the management of NAFLD patients in Russia¹

Published in **BMJ OPEN** Gastroenterology

37% PREVALENCE²



PREVALENCE OF NAFLD



MOST COMMON LIVER DISORDER WORLDWIDE³

Its prevalence is alarmingly growing, especially in patients with metabolic syndrome.

IMPAIRED DIAGNOSIS

MAJORITY OF PATIENTS ARE **ASYMPTOMATIC⁴**

MANPOWER STUDY

RWE study
2843 Russian patients
Evaluating EPLs treatment

A RWE study represents better the patients that HCPs normally deal in their daily practice⁵.


MANPOWER RESULTS

>80% PATIENTS HAVE AT LEAST 2 METABOLIC COMORBIDITIES

80.8%  → **N overweight / obesity (%)**

74.6%  → **N Elevated cholesterol (%)**

57.8%  → **N hypertension (%)**

16.8%  → **N T2DM* (%)**

Percentages are calculated as n/N. *In this study, mean±SD haemoglobin A1c level at baseline was 6.1%±1.4% (this parameter was available in 843 subjects). T2DM, type 2 diabetes mellitus.

Aproximately 75% of patients have simple steatosis.
The most prominent finding is hepatomegaly.

CONCLUSIONS

Essentiale[®]

The world's number 1
OTC liver & bile remedy⁶

 **6 months**

**+90%
Compliance**



81.7% physician satisfaction
82% patient satisfaction



The majority of physicians and patients were extremely or very satisfied.

1. V. Maev. Et. Al. Real-world comorbidities and treatment patterns among patients with nonalcoholic fatty liver disease receiving phosphatidylcholine as adjunctive therapy in Russia. *BMJ Open Gastroenterology* 10.1136/bmjgast-2019-000307 on 18 August 2019. 2. Ivashkin VT, Drapkina OM, Mayev IV, et al. [The prevalence of non-alcoholic fatty liver disease in patients of outpatient practice in the Russian Federation: the results of the study DIREG 2]. *Russian Journal of Gastroenterology, Hepatology, Coloproctology* 2015;25:31 3. Mavrogiannaki AN, Migdalis IN. Nonalcoholic fatty liver disease, diabetes mellitus and cardiovascular disease: newer data. *Int J Endocrinol* 2013;2013:450639 4. Angulo P. Nonalcoholic fatty liver disease. *N Engl J Med* 2002;346:1221-31. 5. Harari S. Randomised controlled trials and real-life studies: two answers for one question. *Eur Respir Rev* 2018; 27:180080 6. Nicholas Hall's global OTC database 2018, DB6