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THE IMPORTANCE OF FAST IDENTIFICATION AND UNDERSTANDING DISEASE PROGRESSION – KEY NOTES FOR NAFLD MANAGEMENT

Presentation key points

- There are two key challenges for the clinical management of patients with NASH:
 - The stratification of patients at higher risk of liver-related complications
 - The identification of predictive factors for progressive fibrosis in NAFLD, which is the most important parameter associated with patient outcomes in NAFLD
- Non-invasive tests, alone or in combination, can be useful for fast identification of which patients with NAFLD require follow-up
- Lifestyle modifications, including reduction in calorie intake, increase in physical activity, and weight loss, are cornerstones of NAFLD management
- Amongst an increasing body of evidence, EPLs have been shown to improve clinical signs and symptoms, transaminase and lipid levels, ultrasound findings, and liver stiffness in patients with NAFLD, with or without metabolic comorbidities

MAIN TAKEAWAY

Non-invasive tests alone or in combination can be useful for fast identification of which patients with NAFLD require follow-up. A growing evidence base shows that EPL treatment plays a beneficial role in the complex management of patients with NAFLD and metabolic comorbidities

EPL, essential phospholipid; NAFLD, non-alcoholic fatty liver disease; NASH, non-alcoholic steatohepatitis