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COMORBIDITIES IN NAFLD – METABOLIC SYNDROMES AND BEYOND, REPAIR STUDY INSIGHTS

Presentation key points

- NAFLD is closely associated with several comorbidities, including (but not limited to) obesity, dyslipidemia, T2DM, cardiovascular disorders such as arterial hypertension and aortic valve sclerosis, and malignancies including HCC
- A bidirectional relationship exists between NAFLD and these multi-organ comorbidities; progressing steatosis leads to increased severity of a comorbidity, which in turn results in poorer clinical outcomes for NAFLD and other NAFLD-associated comorbidities
- EPLs can improve clinical outcomes in patients with liver diseases across a spectrum of origins
 - The aims of the REPAIR study were to assess the profile of patients treated with EPL, and to evaluate patients' adherence, tolerance and satisfaction with the treatment
- 87.8% of the 1,505 patients included in this study had signs of NAFLD; the most common comorbidities were obesity (59.7%), hypertension (58.8%) and dyslipidemia (48.6%)
- Patients reported good tolerance, satisfaction with and adherence to EPL treatment; of the 274 patients with known treatment outcomes, 31.4% recovered completely from their condition and 59.9% noted substantial clinical improvement from baseline

MAIN TAKEAWAY

NAFLD is associated with several comorbidities, resulting in poorer clinical outcomes for patients. Patients treated with EPLs reported high satisfaction with and adherence to the treatment. Many patients achieved improved clinical outcomes

EPL, essential phospholipid; HCC, hepatocellular carcinoma; NAFLD, non-alcoholic fatty liver disease; T2DM, type 2 diabetes mellitus