



**PROFESSOR
LEONID LAZEBNIK**
Friday, 4 June 2021

DETECTING STEATOSIS IN CLINICAL PRACTICE – INSIGHTS FROM THE EPOCH REGISTRY

Presentation key points

- NAFLD is often hard to diagnose due to the presentation of non-specific symptoms and the limitations of current screening methods
- The EPOCH-1 study used real-world data to develop the St-index: a completely non-invasive screening tool for liver steatosis
- In the EPOCH-2 study, it was found that patients' adherence to and rates of satisfaction with EPL therapy were positively correlated with significant improvements in laboratory parameters and a reduction in liver fat content (steatosis)
- Based on the results of the two EPOCH studies, the current Russian NAFLD guidelines incorporate the use of the St-index for liver steatosis screening and recommend EPLs as a basic therapy for NAFLD

MAIN TAKEAWAY

Using real-world data, the EPOCH-1 study developed a non-invasive St-index for liver steatosis screening. The EPOCH-2 study identified the correlation between patient adherence to and satisfaction with EPL therapy and clinical outcomes

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