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ESSENTIAL PHOSPHOLIPIDS – THE LATEST EVIDENCE REVIEWED

Presentation key points

- NAFLD and NASH are associated with an increased risk of fibrosis, hepatocellular carcinoma and mortality compared with people without those conditions; however, many existing treatments for NAFLD are experimental, costly or lack a consistent evidence base
- EPLs are already recommended for medical use in NAFLD Guidelines in China, Russia, Latvia and Poland, and there is a growing amount of evidence supporting the use of EPL therapy in patients with NAFLD
- EPL therapy in patients with NAFLD has been shown to have positive outcomes, including improvements in ALT, triglyceride, cholesterol, ultrasound and elastography results versus baseline, which have been confirmed in latest literature review on EPLs in NAFLD published in 2021
- EPL treatment given as adjunctive therapy in patients with NAFLD and comorbid type 2 diabetes and/or obesity is associated with improved clinical outcomes compared with medications for type 2 diabetes or obesity alone, and have a good safety profile

MAIN TAKEAWAY

Adjunctive therapy with hepatoprotective treatments such as EPLs may offer a reliable therapeutic strategy for patients with NAFLD, NASH and other fatty liver diseases

ALT, alanine aminotransferase; EPL, essential phospholipids; NAFLD, non-alcoholic fatty liver disease; NASH, non-alcoholic steatohepatitis.