

# 3<sup>rd</sup> GLOBAL LIVER HEALTH FORUM

## DEFYING THE TRENDS: LEVERAGING LIVER HEALTH TO IMPROVE PATIENT OUTCOMES



**Donna R. Cryer, JD**  
Global Liver Institute, Washington, DC, USA

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# DEFYING THE TRENDS: LEVERAGING LIVER HEALTH TO IMPROVE PATIENT OUTCOMES

## The Global Liver Institute

The Global Liver Institute (GLI) is a non-profit organisation that aims to bridge the knowledge gap between patients and HCPs surrounding unmet needs in liver care. It promotes innovation and collaboration between patients impacted by liver diseases and organisations such as AASLD, with the goals of destigmatising liver conditions and improving patient outcomes.<sup>1</sup>

## The importance of advocacy groups in the 21<sup>st</sup> century

Despite the plethora of medical advances in the 21<sup>st</sup> century, sedentary lifestyles and high-calorie, high-fat diets have led to public health emergencies that impact many individuals and may result in poorer outcomes for patients with liver diseases.<sup>2</sup> The increasing rates of obesity,<sup>3</sup> type 2 diabetes and heart disease add to the burden of cardiometabolic comorbidities on patients with MAFLD.<sup>4,5</sup> Health trends encourage the use of herbal and dietary supplements, which do not require the same FDA screening and approval as other drugs.<sup>6</sup> Use of these supplements has been proportionally associated with increased rates of DILI,<sup>6</sup> and the full effects of the COVID-19 pandemic on liver care have yet to be determined. As well as COVID-19 infection resulting in increased ALT and AST in patients with liver diseases,<sup>7</sup> the COVID-19 lockdowns have been associated with an increase in the number of ALD-related deaths and have disproportionately impacted minority communities.<sup>1,8</sup> For these reasons, the GLI has launched several initiatives to advocate for patients in the liver health space and to highlight the impact on minority communities.<sup>1</sup>

- **The NASH Council** – Launched in 2017 at the Milken Institute School of Public Health, the GLI NASH Council highlights the importance around the urgency of developing processes for quantifying and addressing the NAFLD and NASH epidemics in the USA and around the world
- **International NASH Day** – International NASH Day is a public health campaign launched in 2018 to raise awareness and urgency around NAFLD and NASH. The 5<sup>th</sup> International NASH Day held this year achieved widespread engagement from across the globe
- **Beyond the Biopsy** – Invasive diagnostic techniques can be a barrier to diagnosis and may perpetuate the cycle of late diagnosis and poor clinical outcomes. The Beyond the Biopsy awareness campaign is dedicated to accelerating the acceptance and adoption of non-invasive diagnostic techniques
- **GLI Live** – The shift to virtual engagement following the COVID-19 lockdowns resulted in the emergence of GLI Live, a weekly educational show providing a platform to share information on liver care

- **Liver Health is Public Health** – With the aim to elevate liver health awareness in the public health agenda, Liver Health is Public Health is a global initiative to educate the public on liver health and disease prevention. The programme focuses on reaching patients across the different cultures and socioeconomic backgrounds

## References

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AASLD, American Association for the Study of Liver Diseases; ALD, alcoholic liver disease; ALT, alanine transaminase; AST, aspartate transaminase; COVID-19, coronavirus disease; DILI, drug-induced liver injury; FDA, Food and Drug Administration; GLI, Global Liver Institute; HCP, healthcare professional; MAFLD, metabolic associated fatty liver disease; NAFLD, non-alcoholic fatty liver disease; NASH, non-alcoholic steatohepatitis.



## Learning objectives:

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- Discuss the issue of rising trends in comorbidities that have led to an increase in liver disease
- Showcase how GLI creates collaborative processes to respond to these liver health needs, including through International NASH Day, The GLI NASH Council, GLI Live, as well as the Beyond the Biopsy programme
- Describe how public awareness can be improved through education, dissemination, and advocacy of the liver health landscape