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The efficacy of bile acids in the treatment of non-alcoholic steatohepatitis: A 10-year systematic review

Higinio T Mappala

University of Santo Tomas, Philippines

Non-Alcoholic Fatty Liver Disease (NAFLD) is one of the most common forms of chronic liver disease which may progress to Non-Alcoholic Steatohepatitis (NASH). Currently, there are no therapeutic strategies for such disease. Only lifestyle modification through diet and exercise were proven to afford some benefit in patients with NAFLD. No pharmacologic agents have so far been approved for the treatment of NAFLD or NASH. Therefore, most clinical efforts have been directed at treating the components of metabolic syndrome, namely obesity, diabetes, hypertension and dyslipidemias. Other interventions are directed at specific pathways potentially involved in the pathogenesis of NAFLD, such as insulin resistance, oxidative stress, pro-inflammatory cytokines, apoptosis, bacterial overgrowth and angiotensin pathway. This lecture aims to show the potential of bile acids as a promising therapeutic option for NAFLD. This is a 10-year systematic review of the effects of bile acids on NAFLD and 10-year review shows that, alongside diet, exercise and weight loss, bile acids may prove to be an effective targeted treatment for non-alcoholic fatty liver disease.

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