



The Efficacy of Bile Acids in the treatment of Non-alcoholic Steatohepatitis: A 10-year Systematic Review

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Abstract:

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, proinflammatory cytokines, apoptosis, bacterial overgrowth, and angiotensin pathway.

Biography:

Professor Higinio T. Mappala is a Cum Laude graduate of University of Santo Tomas, College of Medicine, Manila, Philippines, A Board-certified Internist, Gastroenterologist, Endoscopist, Clinical Nutritionist and Clinical Toxicologist; has served as a University Professor and Dean of 2 Medical Schools; a highly-regarded Researcher, with more than 70 scientific papers, and more than 30 publications.

Recent Publications:

1. The Effectiveness of Probiotics versus Lactulose in lowering Serum Ammonia among patients with Hepatic Encephalopathy: A Meta-Analysis. Mappala HT, Carmelo L, Torres MK. 2013.
2. Hemodynamic effect of Carvedilol vs Propranolol in cirrhotic patients: A Meta-analysis. Durung D, Mappala HT. December 2014. Award of Merit. IDDF 2016, Hongkong,



China. CGH supplement 2016. E-Online.

3. A Meta-analysis on the use of Probiotics as an adjunct in the treatment of Helicobacter pylori infection. Ulip JE, Mappala HT. December 2015. E-poster, IDDF, Hongkong, China, June 2016. CGH e-Online. Oct Issue.
4. A Scoring Scale for Predicting Intra-Hospital Mortality in Patients with Liver Cirrhosis. MK. G. Torres, M.D.; H. T. Mappala M.D. (Award of Recognition, e-poster at IDDF, Hong Kong, June 2016; CGH Supplement e-online, Oct. 2016.
5. The Efficacy of Ursodeoxycholic Acid in the treatment of Non-alcoholic Steatohepatitis among Obese Patients: A Randomized Controlled Trial. HT Mappala. E-poster at IDDF, Hong Kong, June 2016; Hepatitis 2016. CGH online. Oct 2016 Issue.

Webinar on Digestive and Metabolic Diseases; September30, Dubai, UAE

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