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Prevention of Non-Alcoholic Fatty Liver Disease (NAFLD) and increasing lipid metabolism

Marjan Farshadi

Toronto Liver Centre, Canada

As a chronic disease, non-alcoholic fatty liver disease (NAFLD) is recognised to be the hepatic manifestation of obesity and metabolic syndrome, extending from simple steatosis to more severe nonalcoholic steatohepatitis (NASH), involving inflammation and apoptosis with or without fibrosis and cirrhosis. NAFLD is the most frequent hepatic condition in developed countries and can lead to steatohepatitis, cirrhosis and even liver cancer. Thus, managing NAFLD is one of the issues that need to be considered in the treatment of obesity. The exact mechanism of the onset and development of NAFLD is not clear although some possible role players have been identified: oxidative stress, increased fatty acid syntheses, and inflammation. Up to the present time, conventional and modern medications used to treat NAFLD are not adequate and may lead to serious adverse effects. The perennial herb *Curcuma longa*

L., with the common name of Java turmeric, has been used as a traditional therapeutic plant to decrease the sensitivity of the liver to lipid peroxidation, as well as beneficial properties against cancer, abnormally reduced fatty acid levels, and inflammatory disorders in adipose tissue. Studies have shown that consuming turmeric supplements improves serum glucose indices and leptin levels in patients with NAFLD. Ginger is another dietary supplement that might be effective in improving NAFLD-related metabolic diseases.

Speaker Biography

Marjan Farshadi has her expertise in science-based natural remedies. After years of experience in research, natural health, medicine and pharmaceuticals, she established a research-based company to continue in-depth research and development of natural health products based on scientific evidences. She is working in Toronto Liver Centre studying liver diseases, mainly fatty liver disease

e: marjanfarshadi@yahoo.com

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