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The Efficacy of Ursodeoxycholic Acid in the Treatment of Non-alcoholic Steatohepatitis: A 15 year Systematic Review

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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. However, since the FLINT study, the largest NASH study to date, no drug has ever come close to Obeticholic acid except Ursodeoxycholic acid (UDCA). This lecture aims to show the potential of Ursodeoxycholic Acid (UDCA) as a promising therapeutic option for NAFLD.

This is a 15-year Systematic Review of 1548 randomized controlled trials on the effects of Ursodeoxycholic Acid on Non-Alcoholic Fatty Liver Disease. (NAFLD).

Ursodeoxycholic Acid may yet prove to be a targeted treatment for Non-Alcoholic Fatty Liver Disease.

Keywords: Cushing's syndrome, Mycobacterium tuberculosis infection, Adrenal adenoma

Biography

Professor Higinio T. Mappala is a Full-time Medical Specialist IV and Administrator at the Jose Reyes Memorial Medical Center, 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 international publications. A former Board Director of the Philippine Societies of Gastroenterology and Digestive Endoscopy; Editorial Board member, American Journal of Biomedical Science and Research; Online Research rater of McMaster, Canada and Online Dynamed Research peer-reviewer; a Young Investigator's Awardee at the World Congress and Asia-Pacific Congress of Gastroenterology; A nominee as one of the Top 100 Leading Physicians 2018, Cambridge Biographical Institute. He is a focused lecturer on NAFLD in local and international conventions for 20 years, with 51 invites as Keynote Speaker in International Conventions this year and 34 advanced invites for 2020.

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