**Lectures**

**Topic: Fatty liver disease**

**Objectives:**

By the end of the lecture the student should be able to:

To know and understand the following:

* Definition, criteria for NAFLD, and disease spectrum.
* Epidemiology and risk factors
* Pathophysiology of NAFLD, and natural history
* Diagnosis and management approach
* Clinical approach to NAFLD patients

**Introduction:**

* Non-alcoholic fatty liver disease(NAFLD) is common medical condition globally and increasing in incidence with the epidemic of obesity and, metabolic syndrome. The leading cause of liver cirrhosis and liver transplantation in many countries.

**Key Outlines:**

1. NAFLD is a common liver disease and linked to metabolic syndrome

2. Disease has wide spectrum and can lead to cirrhosis

3. Life style modifications are the key management element

**Take home message:**

* The disease spectrum ranges from simple steatosis to nonalcoholic steatohepatitis (NASH), with or without fibrosis and can progress to cirrhosis.
* The presentation is variable from asymptomatic patient to liver cirrhosis with decompensation.
* Diagnosis based on radiology and non-invasive tests and sometimes liver biopsy is needed
* Treatment based mainly of life style modification (weight reduction with diet and exercise)
* No approved drugs form treatment of NASH

**Recommended Books:**

**Please send us a copy of your Lecture Presentation in PDF format**

**Thank you for your cooperation.**