The Efficacy of Ursodeoxycholic Acid in the Treatment of Non-alcoholic Steatohepatitis: A 10-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 10-year Systematic Review of 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.

Publications:

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.

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.

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.

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 Recogntion, e-poster at IDDF, Hong Kong, June 2016; CGH Supplement e-online, Oct. 2016.

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.



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 Reearch; 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, with 18 invites as Keynote Speaker in 2018 and 27 invites for 2019 as of Feb 2019.

Notes/Comments: I am submitting this abstract for a Keynote Lecture session. As an OCM and Speaker, I am requesting for a 40% discount on registration and 3-night hotel accommodation. It is a long haul coming from the Philippines that's why I need to be there the day before the conference to rest and prepare my lecure. Thank you.