The role of precision medicine in chronic liver disease management.

Valerie Levrero*

Department of Medicine, National University of Singapore, Singapore

Introduction

Precision medicine, an emerging approach that tailors medical care to the individual characteristics of each patient, is transforming the management of Chronic Liver Diseases (CLDs). These conditions, including Non-Alcoholic Fatty Liver Disease (NAFLD), hepatitis B and C, autoimmune liver diseases, and liver fibrosis, present unique challenges due to their diverse etiologies, progression patterns, and patient responses to treatment. Precision medicine leverages genetic, molecular, and environmental data to provide targeted, effective, and personalized care for patients, marking a significant advancement in hepatology.

Description

One of the most impactful areas of precision medicine in CLD management is the use of genomic and molecular profiling. Genetic markers, such as variations in the *PNPLA3* and *TM6SF2* genes, are now recognized as key predictors of susceptibility and progression in NAFLD and Non-Alcoholic Steatohepatitis (NASH). These insights allow clinicians to stratify patients based on their risk of developing advanced fibrosis or Hepatocellular Carcinoma (HCC), enabling early interventions. Similarly, for hepatitis C, the identification of specific genotypes has guided the development of Direct-Acting Antivirals (DAAs), which have revolutionized treatment with high cure rates tailored to viral genotype.

Advances in biomarker research are also playing a pivotal role in non-invasive diagnostics for CLDs. For example, serum markers and imaging techniques combined with Artificial Intelligence (AI) are being used to assess liver fibrosis and monitor disease progression without the need for invasive liver biopsies. Liquid biopsies, which detect circulating tumor DNA, are emerging as valuable tools in the early detection and management of liver cancer.

In pharmacology, precision medicine is driving the development of targeted therapies for conditions like autoimmune hepatitis, Primary Biliary Cholangitis (PBC), and Primary Sclerosing Cholangitis (PSC). Drugs such as obeticholic acid and FXR agonists are tailored to modulate disease-specific pathways, improving treatment efficacy and minimizing side effects.

Precision medicine is also addressing disparities in CLD outcomes through lifestyle and environmental data integration, identifying how factors like diet, alcohol consumption, and obesity contribute to disease risk. Personalized lifestyle interventions are increasingly recognized as a cornerstone of effective management.

Conclusion

The integration of precision medicine into chronic liver disease management offers a paradigm shift, enabling more accurate diagnoses, targeted therapies, and improved patient outcomes. Continued investment in research and interdisciplinary collaboration will further advance personalized care in hepatology, significantly reducing the global burden of liver diseases.

***Correspondence to:** Valerie Levrero, Department of Medicine, National University of Singapore, Singapore; E-mail: Valerie@nus.sn.co

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