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BIOGRAPHY

Higinio T Mappala is a distinguished physician and medical researcher with 30 years of clinical experience, as well as a prolific communicator and lecturer in both academic and clinical fora. He is a board-certified specialist in internal medicine with board-certified subspecialties in gastroenterology, endoscopy, clinical toxicology and pharmacology, and clinical nutrition. He is university professor, a dean of the School of Medicine, and administrator at the undergraduate, graduate, and postgraduate levels; an author of more than 50 scientific papers. As a prolific lecturer, he has been a focused lecturer on NAFLD for more than 10 years.

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THE EFFICACY OF URSODEOXYCHOLIC ACID IN THE TREATMENT OF NON-ALCOHOLIC STEATOHEPATITIS: A 10-YEAR SYSTEMATIC REVIEW

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.

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 therapeutic option for Non-Alcoholic Fatty Liver Disease.