

# WORLD LIVER CONFERENCE 2018

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### **The efficacy of tocotrienols in the treatment of non-alcoholic steatohepatitis: A systematic review**


**N**on-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 Tocotrienols as a promising therapeutic option for NAFLD. This is a Systematic Review of the effects

of Tocotrienols on Non-Alcoholic Fatty Liver Disease (NAFLD). Tocotrienols may yet prove to be an effective treatment for Non-Alcoholic Fatty Liver Disease.

#### **Speaker Biography**

Higinio T Mappala is a full-time Medical Specialist III and Administrator at the Jose R Reyes Memorial Medical Center, Manila, Philippines. He is a Board-certified Internist, Gastroenterologist, Endoscopist, Clinical Nutritionist and Clinical Toxicologist. He has served as a University Professor and Dean of two medical schools. He is a highly-regarded Researcher, with more than 70 scientific papers, and more than 30 international publications. He is a former Board Director of the Philippine Societies of Gastroenterology and Digestive Endoscopy, and Online Research Rater of McMaster, Canada, and Online DynaMed Research. He has won Young Investigator's Award at the World Congress and Asia-Pacific Congress of Gastroenterology. He has attended the three-level training courses on Leadership and Management by the World Gastroenterology Organization held in Florida, USA, Dubrovnic, Croatia, Porto, Portugal. He was nominated as one of the top 100 leading physicians 2018, Cambridge Biographical Institute. He is a focused Lecturer on NAFLD in local and international conventions.

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