American Liver Foundation Announces Fatty Liver Disease Education Program

Project Echo will offer liver disease treatment and prevention tools to non–liver experts.

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The American Liver Foundation (ALF) has announced a new program that will educate non-liver experts on treatment and prevention practices for metabolic dysfunction-associated steatotic liver disease (MASLD, formerly known as non-alcoholic fatty liver disease, or NAFLD), according to an ALF news release.

Beginning in August, Project Echo will offer monthly virtual sessions to health care providers seeking to learn how to treat and prevent MASLD.

Often referred to as "silent diseases," MASLD and metabolic dysfunction-associated steatohepatitis (MASH, formerly known as non-alcoholic steatohepatitis, or NASH) are responsible for a growing proportion of advanced liver disease, mirroring a global rise in obesity. Although MASLD affects about one in four people worldwide, most individuals are unaware they have the condition because there are often no symptoms.

"Diagnosing [MASLD] early is crucial to a patient's long-term success and providing our non-liver partners with the education, tools and insight they need to recognize the early warning signs and help prevent progression is key," said ALF board chair Emmanuel Thomas, MD, PhD, an associate professor at the University of Miami School of Medicine and member of the Schiff Center for Liver Diseases at the University of Miami, in the news release.

If left untreated, MASLD can lead to liver fibrosis, cirrhosis and even liver cancer. With no effective approved medical therapies, management depends on lifestyle changes such as weight loss, exercise, maintaining a healthy diet, limiting alcohol intake and more.

Led by liver disease experts, Project Echo sessions will educate participants on practical prevention strategies for MASLD, mentorship from peers, resources and more.

According to the ALF, upcoming Project Echo sessions are as scheduled:

- Session 1: August 6, 12 p.m. to 1 p.m. ET—"NAFLD 101: An Overview of the Condition"
- Session 2: September 3, 12 p.m. to 1 p.m.ET—"NAFLD Screening & Testing: Latest Advancements in Diagnostic Options"
- Session 3: October 1, 12 p.m. to 1 p.m. ET—"NAFLD Staging & Treatment: Effectively Treat & Manage Each Stage of the Condition"
- Session 4: November 5, 12 p.m. to 1 p.m. ET—"NAFLD Prevention: Utilize Health Education to Improve Patient Health"
- Session 5 : December 3, 12 p.m. to 1 p.m. ET—"The Future of NAFLD: Emerging Issues & Resources."

Registration is free at liverfoundation.org/projectecho.

In related news, on March 14, the Food and Drug Administration granted accelerated approval to Madrigal Pharmaceuticals' resmetirom (brand name Rezdiffra) as the first medication for metabolic dysfunction-associated steatohepatitis (MASH), or advanced fatty liver disease.

The once-daily pill was approved along with diet and exercise for adults with MASH who have moderate to advanced (Stage F2 or F3) liver fibrosis but have not yet progressed to cirrhosis (Stage F4). Patients will not need a liver biopsy to be eligible for the new treatment. The approval is supported by results from a late-stage clinical trial that showed that resmetirom is the first drug to both reduce liver fat accumulation and improve fibrosis.

"This is a day of celebration for patients with [MASH] who have been waiting many years for the first approved therapy," said Wayne Eskridge, CEO of the Fatty Liver Foundation.

Click here to learn more about Rezdiffra.

To read more, click #MASLD. There, you'll find headlines such as "Small Amount of Alcohol Can Raise Risk for People with Fatty Liver Disease," "Global Fatty Liver Day Promotes Liver Disease Screening [VIDEO]" and "UT Health Awarded Grants for MASLD Research."

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http://beta.docker.realhealthmag.com/article/american-liver-foundation-announces-fatty-liver-disease-education-program