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Impact of nutritional modification on Egyptian patients with fatty liver combined with HCV

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Background: Egypt is the highest prevalence of Hepatitis C viral infection all over the world. Estimated to be 14.7% of the whole population, on the other hand, the prevalence of obesity is getting higher, according to the WHO 70 % of the Egyptians are overweight or obese. Fatty liver is observed in 75 % of obese persons and 35 % may progress to NAFLD. Hepatic steatosis in hepatitis C virus (HCV)-infected patients has been shown to enhance the progression of liver fibrosis and decrease the response to antiviral Therapy. Multiple investigations are done to diagnose and grade the extend of fibrosis, liver biopsy is the most accurate, however many non-invasive parameters are suggested to trace the degree of fibrosis and its reversal like aspartate aminotransferase (AST)-to-platelet ratio index, AST/alanine aminotransferase (ALT).

Aim: Nutritional intervention is a must for patients of fatty liver and especially those of Chronic HCV planned for pegylated interferon therapy.

Conclusion: Nutritional intervention by means of reduction of body weight is reflected by improvement of the patient liver profile including non-invasive parameters of fibrosis.

Biography

Osama A Fekry was born in 1981, Cairo, Egypt. He works as the head of clinical nutrition department at "Dar Alshefa hospital", one of the leading hospitals at the ministry of health, being the first formal clinical nutrition department. He had his master degree in Hepatology and Gastroenterology (Cairo university) in 2011 and his thesis was about " the impact of nutrition in living donor liver transplantation" which was the first of its type among the research in Egypt and won a prize from the (EASLGD) Egyptian Association for the study of liver and gastrointestinal diseases as the best research. His background as a Hepato-gastroenterologist affected his vision of clinical nutrition, Once he finished his ESPEN Diploma (European society of enteral and parenteral nutrition) in 2011, he founded the Fatty liver unit at the National Hepatology and Tropical medicine Research Institute (NHTMRI), to be the first and the only unit that deals with such a disease in a country that suffers from a burden of liver diseases. Now he is doing his medical doctorate in "Nutrition and liver cirrhosis".

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