

Recent and Novel Observations Pertaining to Non-Infectious Liver Disorders

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INTRODUCTION

Clinical hepatology has recently gained a wider recognition among medical community owing to the advancements in liver biochemical investigations and with liver diseases now being increasingly recognized as a major threat to public health. Malnutrition, drug addiction, alcohol abuse and environmental pollution are prevalent across different regions of the world which are identified to be associated with risk factors of liver diseases. Liver diseases, if highly prevalent and if remain untreated, may lead to reduced longevity and productivity and can hamper the socio-economic contribution.

Journal of Liver publishes peer-reviewed articles on both experimental and clinical hepatology highlighting recent developments and advancements made in diagnosis, treatment, management and rehabilitation of various hepatobiliary diseases and disorders. The Journal emphasizes on furnishing a very concise but yet comprehensive information on aetiology, pathological mechanisms, as well as clinical management of a wide spectrum of hepatic conditions. In addition to the original research articles, the Journal also publishes systematic, critical and evidence based reviews and case studies. Medical practitioners and clinicians find the Journal publications as valuable resource for updated knowledge, rational decision making, and incorporation of safe and effective practices in clinical hepatology.

Ever since its inception in the year 2012, the Journal of liver has consistently published a wide range of articles including thematic special issues conference proceedings at a quarterly frequency. In the current year, the Journal has published articles pertaining to clinical practices in management of non-alcoholic fatty liver diseases, liver cirrhosis, role of physical exercise in maintenance of liver health, liver transplantation, as well as diagnosis for viral hepatitis.

Sudhamshu *et al.*, [1] have communicated latest insights on Non-alcoholic Fatty Liver Disease (NAFLD) and its clinical management in South Asian context, especially in Nepal. The authors have observed that NAFLD, which is highly prevalent in developed

world owing to the rise in metabolic syndrome is equally prevalent in populated South Asian cities due to altered diet pattern, sedentary lifestyle, obesity and further emphasized on lifestyle modification, appropriate medication to prevent the progression to hepatic fibrosis. The authors have noted that lack of clinical trial and epidemiological data hampers the accurate diagnosis of NAFLD and its differentiation from NASH leading to the inability in differentiating the patients at risk of liver cirrhosis. The authors have also noted that the main challenges in Nepal are lack of public awareness, lack of economical and affordable diagnostic measures and limited clinical trial data.

Thasneem *et al.*, [2] reviewed the condition of frailty associated with liver cirrhosis and its clinical management. The authors have emphasized on diagnostic definition of frailty, development of prognostic markers for detection of frailty, derivation of frailty score as means for assessment of patients undergoing liver transplantation. The authors have observed that the administration of nutritional supplements in the form of branched chain amino acids for hepatic protein synthesis as well as exercise therapy were beneficial in gaining of muscle strength, ability to balance and for improved nutritional status.

These articles published in the current year on the Journal of Liver are significant for bringing about better outcome among patients undergoing liver transplantation, in improvement of nutritional status, improvement in the quality of life among patients with liver cirrhosis as well as in diagnosis, treatment and management of NAFLD within the clinical and socioeconomic context. I extend my sincere thanks and appreciation to all the editorial board members, subject experts, academic advisors and peer reviewers for rendering their professional services in timely editorial processing and publication of the articles. I am also very much looking forward to the subsequent issues releases focusing on even wider aspects of hepatic disorders including infectious liver diseases.

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