

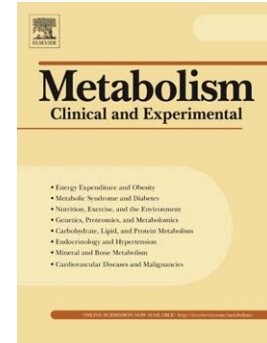
Accepted Manuscript

Exercise and diet in the management of nonalcoholic fatty liver disease

Suzanne E. Mahady, Jacob George

PII: S0026-0495(15)00339-X
DOI: doi: [10.1016/j.metabol.2015.10.032](https://doi.org/10.1016/j.metabol.2015.10.032)
Reference: YMETA 53333

To appear in: *Metabolism*



Please cite this article as: Mahady Suzanne E., George Jacob, Exercise and diet in the management of nonalcoholic fatty liver disease, *Metabolism* (2015), doi: [10.1016/j.metabol.2015.10.032](https://doi.org/10.1016/j.metabol.2015.10.032)

This is a PDF file of an unedited manuscript that has been accepted for publication. As a service to our customers we are providing this early version of the manuscript. The manuscript will undergo copyediting, typesetting, and review of the resulting proof before it is published in its final form. Please note that during the production process errors may be discovered which could affect the content, and all legal disclaimers that apply to the journal pertain.

Exercise and diet in the management of nonalcoholic fatty liver disease

Suzanne E Mahady^{1,2}, Jacob George¹

1. *Storr Liver Centre, Westmead Millennium Institute for Medical Research and Westmead Hospital, the University of Sydney, NSW, Australia.*
2. *Clinical Epidemiology Unit, Sydney School of Public Health, University of Sydney, NSW Australia*

Abstract

Nonalcoholic fatty liver disease (NAFLD) is the most prevalent chronic liver condition worldwide, and is projected to become the leading cause for liver transplantation in the United States as early as 2020. The mainstay of treatment remains lifestyle modification with diet and exercise recommendations, as although some pharmacological treatments such as glitazones and Vitamin E have shown benefit, there are concerns regarding long term safety. The evidence base for dietary interventions in NAFLD such as the Mediterranean diet, omega-3 polyunsaturated fatty acids and coffee is mainly derived from observational data with questionable validity. Where trials exist, they have shown benefit for surrogate outcomes such as hepatic steatosis and insulin resistance, but no trials have been conducted with salient clinical outcomes such as reduction in progression to chronic liver disease. Benefit in surrogate outcomes has also been seen for aerobic, anaerobic and combined modality exercise but it remains unclear if one type is superior. Furthermore, a reduction in sedentary time appears equally important. To provide a sound evidence base for lifestyle recommendations to people with NAFLD, longer duration trials of standardized dietary or exercise interventions, and testing various doses, types and with liver related outcomes, are essential.

Key words: nonalcoholic fatty liver disease, diet, exercise, review

Download English Version:

<https://daneshyari.com/en/article/5903002>

Download Persian Version:

<https://daneshyari.com/article/5903002>

[Daneshyari.com](https://daneshyari.com)