



WORLD **LIVER DAY** CONCLAVE

17th, 18th & 19th April 2022

A Clinical Synopsis

This **#WorldLiverDay**

we hosted a 3-day clinical and surgical discourse with leading national hepatic experts. Clinicians from across the globe gained knowledge on the essentials of hepatology and acquired expert insights on latest disease management techniques.



Contents

DAY 1 : Accredited CME on the Essentials of Hepatology



Dr. Abhinav Jain

Consultant Gastroenterologist,
Gastro1 Hospital,
Ahmedabad



Dr. Ashish Bhalla

Professor, Department of Internal
Medicine, Post Graduate Institute
of Medical Education & Research,
Chandigarh



Dr. Mahesh Gopasetty

Liver Transplant Surgeon,
Senior Consultant,
Fortis Hospital, Bangalore

DAY 2 : Expert Talk & Virtual Surgery

Ten Commandments in Pediatric
Liver Disease



Dr. Neelam Mohan

Director, Dept. of Pediatric
Gastroenterology, Hepatology &
Liver Transplantation,
Medanta - The Medicity Hospital,
Gurgaon

Indications, Art & Technique of
Liver Transplantation



Dr. Amit Rastogi

Associate Director, Institute of Liver
Transplantation & Regenerative
Medicine at Medanta -
The Medicity Hospital, Gurgaon

DAY 3 : Expert Talk & Virtual Surgery

NAFLD Management & Lessons
Learnt So Far



Dr. Pallavi Garg

Senior Consultant Gastroenterology,
Max Super Speciality Hospital Saket
& Panchsheel, New Delhi

Director, Cure Clinic Naraina Vihar,
New Delhi

Minimally Invasive Liver Resection:
Laparoscopic & Robotic



Dr. Sudhindran S

Clinical Professor & Chief Transplant
Surgeon, Department of
Gastrointestinal Surgery & Solid Organ
Transplantation, Amrita Institute of
Medical Sciences, Kochi

Essentials of Hepatology - NASH, Cirrhosis & More!



Dr. Abhinav Jain



Dr. Mahesh Gopasetty



Dr. Ashish Bhalla

- ▶ **Staging and categorizing** the NASH patient is important while first viewing the patient. The categorizing is done on the basis of several methods:
 - ▶ APRI score
 - ▶ NAFLD score designed specifically for stage identification
 - ▶ Fibro scan noninvasive method to know liver stiffness and liver biopsy.
- ▶ The general pharmacological treatment includes drugs like:
 - ▶ Vitamin E ▶ Pioglitazone ▶ Ezetimibe ▶ Obeticholic acid
 - ▶ Statins ▶ Liraglutide - LEAN study
- ▶ There are a few **lifestyle modifications** such as weight reduction, alcohol intake limit, and diet. Regular exercise and lifestyle modifications do play a major role in the prevention of the disease.
- ▶ Evaluation of improvement of NASH condition is generally based on the improvement in LFT results and conducting paired liver biopsy and several other tests.
- ▶ The general types and **causes of liver damage** in adults include acute liver failure which is caused due to autoimmune disease and toxins. Chronic liver failure is also caused due to chronic alcohol intake and other factors.

Essentials of Hepatology - NASH, Cirrhosis & More!



Dr. Abhinav Jain



Dr. Mahesh Gopasetty



Dr. Ashish Bhalla

- ▶ The general types and **causes of liver damage** in adults include acute liver failure which is caused due to autoimmune disease and toxins. Chronic liver failure is also caused due to chronic alcohol intake and other factors.
- ▶ Pediatric liver **complications**:
 - ▶ Biliary atresia
 - ▶ Wilsons
 - ▶ Metabolic liver disease
 - ▶ Hepatoblastoma
 - ▶ Autoimmune liver disease
- ▶ **Dengue, malaria, leptospirosis, and scrub typhus** are the common causes of liver infections in tropical infections and account for almost 80–100% of cases of liver damage. Toxins and drugs are the additional causes of liver infections.
- ▶ India accounts for a high number of liver damage cases and there are various treatment options available for the treatment of liver diseases and NASH. The best care is early identification of the diseases.

Ten Commandments in Pediatric Liver Disease



Dr. Neelam Mohan

- ▶ From diagnosis to the management of liver diseases in children presented in a form often commandments based on various case studies, here are the key ones:
 - ▶ Investigate the family history of liver diseases.
 - ▶ Suspect biliary atresia.
 - ▶ Suspect underlying chronic liver disease.
 - ▶ Diagnose for NAFLD if a child is obese.
 - ▶ Regular follow-up is required for patients with abnormal liver enzymes.

Indications, Art & Technique of Liver Transplantation



Dr. Amit Rastogi

- Although the liver can **regenerate**, liver transplantation is needed in severe cases of liver diseases, including chronic, acute disease or liver cirrhosis with subsequent deteriorating liver function. Assessing the severity of complications in patients with liver diseases is quite crucial.
- It needs a **multidisciplinary approach** where a team of surgeons, hepatologists, anesthesiologists, radiologists, and many more are involved.
- **Authorization committees** including internal and external committees play important role in approving donor and recipient cases.
- Deceased donor liver transplantation and live donor transplantation are the two main types of liver transplantation techniques.
- Over the past few years, better surgical procedures, anesthetic techniques, and post-operative care have improved patient outcomes and survival rates. Also, a better understanding of both **indications and contraindications** has contributed to efficient results.

NAFLD Management & Lessons Learnt So Far



Dr. Pallavi Garg

- Non-alcoholic fatty liver disease (NAFLD), the most prevalent chronic liver condition, is a spectrum ranging from simple steatosis to cirrhosis. The two most prevalent NAFLD conditions are non-alcoholic fatty liver (NAFL), and non-alcoholic steatohepatitis (NASH).
- **Obesity, type 2 diabetes mellitus**, and insulin resistance are the major predisposing factors for NAFLD.
- The pathophysiology comprises fibrosis and cirrhosis, and their resolution constitutes the clinical endpoints for therapeutic interventions.
- **Fibroscan and MR spectroscopy** are useful in diagnosing NAFLD, while biopsy remains the gold standard.
- The therapeutic goals comprise alleviating the **predisposing factors** and reducing the risk of NAFLD complications.
- Dietary and lifestyle modifications are the only durable interventions.
- Pharmacotherapy:
 - ▶ Vitamin E
 - ▶ Pioglitazone
 - ▶ Saroglitazar
 - ▶ Semaglutide

Minimally Invasive Liver Resection: Laparoscopic and Robotic



Dr. Sudhindran S

- Minimally invasive surgeries are conquering all the surgical specialties as they induce smaller postop scars, lesser pain, and quicker recovery time.
- Minimally invasive liver resections and transplant surgeries have taken a longer route than other specialties owing to the large organ size and anatomical complexities.
- As advantageous are the minimal invasions with finer and precise dissections, the definite improvement in outcome is **limited to select patients**.
- As the complications arise, there is always a choice of switching from minimally invasive to open surgeries but not otherwise.
- When comparing laparoscopic (LLR) to robotic-assisted liver resections (RLR), the **learning curve** for RLR is shorter than LRL.
- RLR also has better **hand-wrist control** and **tremor filter** as compared to LLR.



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