

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.





### **DAY 1: Accredited CME on the Essentials of Hepatology**



#### Dr. Abhinay Jain

Consultant Gastroenterologist, Gastrol 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. Abhinay 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** 



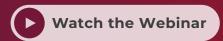
Dr. Ashish Bhalla

- > 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.

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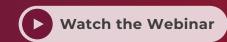
# Ten Commandments in Pediatric Liver Disease



### **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.

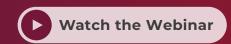
## NAFLD Management & Lessons Learnt So Far



### **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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