

Efficacy on Tocotrienols in the Treatment of non-alcoholic Steatohepatitis: A 10 year Systematic Review

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Abstract

Introduction: Non-alcoholic fatty liver disease (NAFLD) is one of the most common forms of chronic liver disease which may progress to non-alcoholic steatohepatitis (NASH). Currently there are no therapeutic strategies for such disease. Only lifestyle modification through diet and exercise were proven to afford some benefit in patients with NAFLD. No pharmacologic agents have so far been approved for the treatment of NAFLD or NASH. Therefore, most clinical efforts have been directed at treating the components of metabolic syndrome, namely obesity, diabetes, hypertension and dyslipidemias. Other interventions are directed at specific pathways potentially involved in the pathogenesis of NAFLD, such as insulin resistance, oxidative stress, proinflammatory cytokines, apoptosis, bacterial overgrowth, and angiotensin pathway. Objective: This lecture aims to show the potential of Tocotrienols as a promising therapeutic option for NAFLD. Method: This is a 10-year Systematic Review of randomized controlled trials on the effects of Tocotrienols on Non-Alcoholic Fatty Liver Disease. (NAFLD). Conclusion: Tocotrienols may yet prove to be an effective treatment for Non-Alcoholic Fatty Liver Disease.

Leading Physicians 2018 by the Cambridge Biographical Institute. He has been a focused lecturer on NAFLD in local and international conventions for more than 10 years, with 18 invites as Keynote Speaker in 2018, 51 invites in 2019 and 6 advanced invites for 2020 as of this date.

Speaker Publications:

“The Efficacy of Tocotrienols in the Treatment of Non-alcoholic Steatohepatitis: A 10- year Systematic Review”. [5th International Conference on Digestive and Metabolic Diseases](#); Webinar - November 24, 2020.

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Biography:

Higinio T. Mappala is a Full-time Medical Specialist IV and Administrator at the Jose Reyes Memorial Medical Center, Manila, Philippines, A Board-certified Internist, Gastroenterologist, Endoscopist, Clinical Nutritionist and Clinical Toxicologist; has served as a University Professor and Dean of 2 Medical Schools; a highly-regarded Researcher, with more than 70 scientific papers, and more than 30 international publications. A former Board Director of the Philippine Societies of Gastroenterology and Digestive Endoscopy; Editorial Board member, American Journal of Biomedical Science and Research; Online Research rater of McMaster, Canada since 2006; Awardee, World’s Leading Physicians in Gastroenterology-2012 and a nominee as one of the Top 100