

NAFLD the coming global epidemic and health crisis, Egypt on the map

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Abstract

The ancient Egyptians were black Africans, displaced by later movements of peoples, for example the Macedonian, Roman and Arab. Arab invasion does not seem to account more than 15% of modern Egyptians. Because the epidemiology and demographic characteristics of NAFLD vary worldwide, we aimed to identify the risk factors of NAFLD among Egyptians. We had conducted a lot of research regarding genetic polymorphism of the following: TNF- α G238A, PNPLA3, PPAR-gamma, Resisting & Adiponectin receptors gene liver expression. Also, we had worked on insulin resistance in non-diabetic patients with NAFLD, Total lipid profile, conjugated linolenic acid (omega 6), and intestinal microbiota. Our results showed that; Egyptian with different grades of NAFLD identified by NAS score in liver biopsy had significant TNF- α G238A, PNPLA3 polymorphism, and resisting receptors gene liver expression in NASH patients.

In Egypt, a high BMI and insulin resistance level in non-diabetic patients with NAFLD, and NASH even highest worldwide. Triglyceride was significantly high, HDL-c was low in NASH patients, and we had low level of conjugated linolenic acid in NAFLD patients getting worse with the severity of the disease. CD163, and LPS were significantly higher in patients with NASH prove the relation of intestinal dysbiosis and NASH. Egyptians had many genetic polymorphism related to NAFLD incidence and disease severity, in Egyptian obesity, and highest insulin resistance as main risk factors for NAFLD even in non-diabetics, and deficient conjugated linolenic acid had a role in NASH progression, also modification of intestinal microbiota is a must to improve NAFLD.



Biography:

Mona Hegazy had completed her undergraduate education from the prestigious Cairo University, Egypt. Secured the highest mark in M.B.B.ch, MSc and Doctorate degree in Internal Medicine. Working as Professor in Internal Medicine and Hepato- Gastroenterology unit at Faculty of Medicine, Cairo University. Editor on Chief of Clinical Nutrition II and Applied nutrition Books. Had a lot of national and international

publications in Non-Alcoholic Fatty liver disease. Vice-President of the Egyptian fellowship of clinical nutrition.

Speaker Publications:

1. "Synergistic inhibition effect of potassium iodide and novel Schiff bases on X65 steel corrosion in 0.5 M H₂SO₄ AA Farag, MA Hegazy Corrosion science 74, 168-177".
2. "Egyptian experience of reliability of 4T's score in diagnosis of heparin induced thrombocytopenia syndrome NM Tawfik, MA Hegazy, EA Hassan, YK Ramadan, AS Nasr Blood coagulation & fibrinolysis 22 (8), 701-705".
3. "Liver ultrasound is more sensitive in assessing the severity of nonalcoholic fatty liver disease with homeostasis model assessment-insulin resistance MA Hegazy, HM Abdel-Rahman, DF El-Gayar, YH Amin Egyptian Liver Journal 2 (2), 41-46".
4. "PNPLA3 and TNF- α G238A genetic polymorphisms in Egyptian patients with different grades of severity of NAFLD MA Hegazy, RMA Samie, An Ezzat, N Ramadan, LA Rashed, AM ElSayed Open Journal of Gastroenterology 6 (3), 53-64".
5. "Diabetes Mellitus, Nonalcoholic Fatty Liver Disease, and Conjugated Linoleic Acid (Omega 6): What Is the Link? M Hegazy, NM Elsayed, HM Ali, HG Hassan, L Rashed Journal of Diabetes Research 2019".

[15th Euro-Global Gastroenterology Conference](#); Rome, Italy - June 24-25, 2020.

Abstract Citation:

Mona Hegazy, NAFLD the coming global epidemic and health crisis, Egypt on the map, Gastro Congress 2020, 15th Euro-Global Gastroenterology Conference; Rome, Italy - June 24-25, 2020

<https://europegastroenterology.gastroconferences.com/abstract/2020/nafl-d-the-coming-global-epidemic-and-health-crisis-egypt-on-the-map>