

NASH Clinical Research Network. Progression of Fatty Liver Disease in Children Receiving Standard of Care Lifestyle Advice. Gastroenterology. 2020 Nov;159(5):1731-1751.e10.

### Study Design & Method:

- 122 children (8 to 17 years) with Non-alcoholic fatty liver disease (NAFLD) were enrolled.
- Standard nutrition and exercise counselling as per American Academy of Pediatrics recommendations
- Liver biopsies at enrollment and after 52 to 96 weeks of lifestyle modification were compared

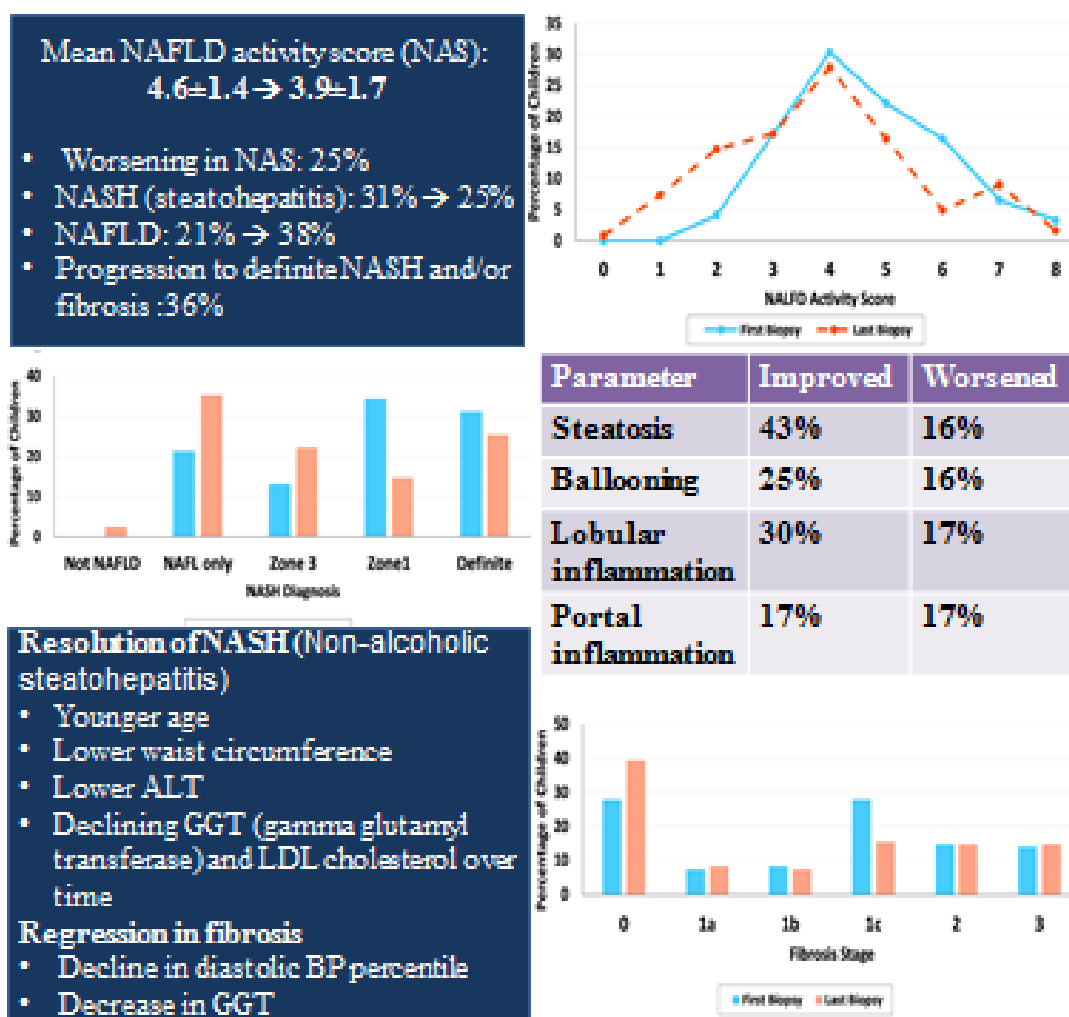
# ACADEMIC P.E.A.R.L.S

Pediatric Evidence And Research Learning Snippet



## Progression of Fatty Liver Disease in Children Receiving Standard of Care Lifestyle Advice

Xanthakos, Lavine, Yates et al. Gastroenterology 2020;159:1731-51  
<https://doi.org/10.1053/j.gastro.2020.07.034>



**Progression was associated with Rising GGT, presence of type 2 Diabetes mellitus**

### Conclusion:

- Resolution of NASH and fibrosis regression in 1/3 with lifestyle changes
- Progression to NASH and fibrosis worsening in 1/3
- Periodic assessment of risk factors of progression is necessary

## EXPERT COMMENT



- Lifestyle interventions alone would not suffice in managing children with NASH.
- Risk factors of progression are rising GGT and presence of type 2 Diabetes mellitus.
- Close follow-up and early recognition of risk factors would help to intensify therapy.

Dr. Aathira Ravindranath, MD DM  
 Consultant Pediatric Gastroenterologist  
 Apollo BGS Hospitals, Mysore, Karnataka, India

Section Editor : Academic PEARLS: Dr Moinak Sen Sarma

**DR MANINDER S DHALIWAL**

Editor – Academic Pearls  
[pedpearls@gmail.com](mailto:pedpearls@gmail.com)

**DR BAKUL JAYANT PAREKH**

National President 2020

**DR G.V. BASAVARAJ**

Hon. Secretary Gen. 2020-21

### Reference

Xanthakos SA, Lavine JE, Yates KP, Schwimmer JB et al; NASH Clinical Research Network. Progression of Fatty Liver Disease in Children Receiving Standard of Care Lifestyle Advice. Gastroenterology. 2020 Nov;159(5):1731-1751.e10. doi: 10.1053/j.gastro.2020.07.034. Epub 2020 Jul 23. PMID: 32712103; PMCID: PMC7680281.