

# New York-Presbyterian Center for Liver Disease and Transplantation

## New York-Presbyterian Tackles the Growing Problem of Fatty Liver Disease in Adults and Children

There has been good news regarding the prevalence of obesity in this country, with data showing that the rise in incidence is now leveling off. But many people remain obese, putting them at risk for liver disease—particularly non-alcoholic fatty liver disease (NAFLD). New York-Presbyterian/Columbia University Medical Center is a leader in the study of NAFLD and the care of patients with this disease, offering the latest therapies, comprehensive care, and opportunities to participate in clinical trials.

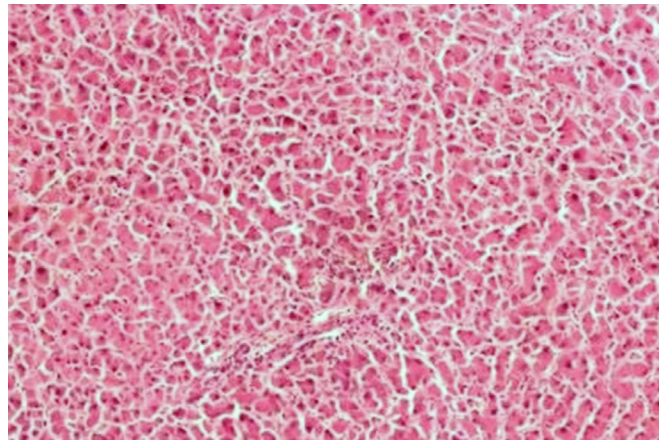
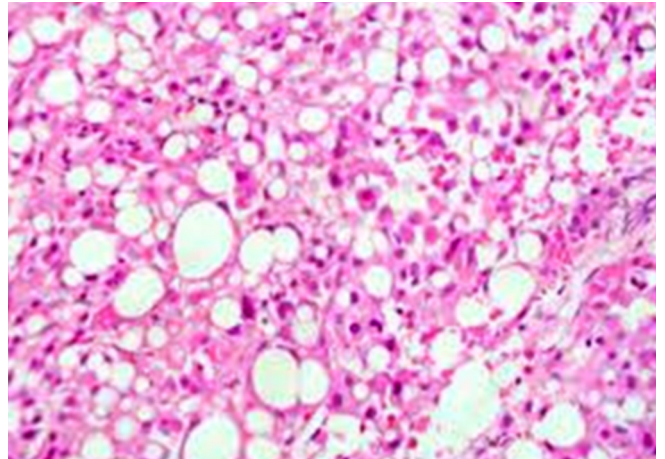
A special clinic is available for children and adolescents with fatty liver disease — the only one of its kind in the Tri-State area.

NAFLD—the aberrant storage of large amounts of fat in liver tissue—is typically associated with obesity, diabetes, and high lipid levels. In patients with non-alcoholic steatohepatitis (NASH), the liver becomes inflamed, and cirrhosis develops. In fact, the number of liver transplants performed in people with NAFLD and cryptogenic cirrhosis has quintupled in the last decade.

For adults with NAFLD, our hepatologists, gastroenterologists, nutrition specialists, and other members of the healthcare team recommend diet

and exercise changes to achieve weight loss, which are able not only to halt progression of NAFLD, but even improve liver health. Some patients benefit from vitamin E therapy or medication. For those with fibrotic liver tissue who require transplantation, New York-Presbyterian/Columbia is one of the world's leading centers for liver transplantation, offering multidisciplinary care and achieving excellent outcomes.

Among children, about 10 percent have NAFLD, and more than 95 percent of those patients are obese. The risk of the disease rises in overweight children who do not eat a healthy diet or have access to sports programs in safe areas, and in those who are Hispanic or Asian. In fact, an 18-year-old obese Hispanic boy has an 80-percent chance of having NAFLD. Our weekly Fatty Liver Disease Clinic at New York-Presbyterian Morgan Stanley Children's Hospital features doctors, nurses, dietitians, and other healthcare professionals dedicated to the care of children with fatty liver disease, offering diet and exercise guidance and other treatments in a family-friendly setting.



WITH NON-ALCOHOLIC FATTY LIVER DISEASE, THERE IS ABERRANT STORAGE OF LARGE AMOUNTS OF FAT IN LIVER TISSUE (TOP). THE LOWER IMAGE SHOWS HEALTHY LIVER TISSUE.

Morgan Stanley Children's Hospital is also a leading center in the NASH Clinical Research Network, and received a \$1.5 million grant to study the etiology, epidemiology, treatment, evaluation, and natural history of NASH. Our doctors led the writing of the NASH practice guidelines for the American Gastroenterological Association, American Association for

# Personalized, comprehensive care for adults and children with fatty liver disease.

## **Non-Alcoholic Fatty Liver Disease** continued from front

the Study of Liver Diseases, and the American College of Gastroenterology. Our team is also studying tissue from liver biopsies to identify biomarkers of NAFLD that may eventually spare future patients from needing a biopsy to make a diagnosis.

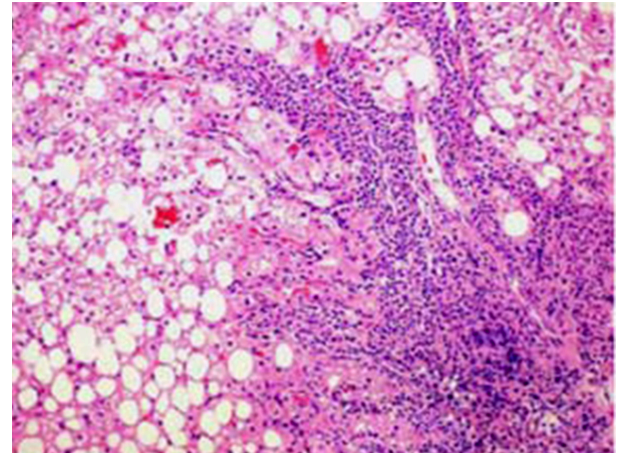
NewYork-Presbyterian is currently enrolling patients in these clinical trials for fatty liver disease:

- The CyNCh (Cysteamine Bitartrate Delayed-Release for the Treatment of Non-alcoholic Fatty Liver Disease in Children) Trial, sponsored by the National Institute of Diabetes and Digestive and Kidney Diseases, a randomized, multicenter, double-blind, placebo-controlled clinical

trial to determine if 52 weeks of treatment with RP104, a delayed-release formulation of cysteamine bitartrate, is effective for reversing liver damage in 8-to-17-year-olds with moderate to severe biopsy-confirmed NAFLD.

- Studies evaluating different dosing combinations of NAFLD therapies.

When physicians refer their patients to us, we keep in touch with them via periodic updates on their patients' treatment and progress to ensure continuity of care.



HISTOPATHOLOGY OF FATTY LIVER DISEASE

**NewYork-Presbyterian/  
Columbia University Medical Center**  
177 Fort Washington Avenue  
New York, NY 10032  
(212) 305-0914

**NewYork-Presbyterian/  
Morgan Stanley Children's Hospital**  
3959 Broadway, New York, NY 10032  
(212) 305-NASH (6274)  
E-mail: [fattyLiver@columbia.edu](mailto:fattyLiver@columbia.edu)



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