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&  
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### **Non-alcoholic fatty liver disease: Associations and impact on cardiovascular events**


**N**on-alcoholic fatty liver disease (NAFLD) is a distinct hepatic condition characterized by abnormal fat accumulation in liver cells. The term NAFLD is used to describe a wide array of fatty liver changes from simple steatosis to steatohepatitis, cirrhosis and hepatocellular carcinoma, in the absence of excessive alcohol intake. It is one of the most common forms of chronic liver disease in developed countries. With increasing urbanization and behavioral changes such as decreased physical activity, high-dense energy fat diet and increased occurrence of type 2 diabetes mellitus (T2DM), its prevalence has increased in the Asian region. The overall prevalence of NAFLD in western countries varies from 15-40% and in Asian countries from 9-40%. In India too, NAFLD is emerging as an important cause of liver disease. Epidemiological studies suggest the prevalence of NAFLD to be around 9-32% in general Indian population, with a higher incidence amongst overweight/obese and diabetic/prediabetic patients. NAFLD and its more severe form with steatohepatitis (NASH), are common in patients with T2DM. Compared to non-obese patients without NAFLD, patients with NAFLD have severe systemic (liver/muscle), and particularly, adipose tissue (fasting/postprandial) insulin resistance. NAFLD is a well-known contributor for the development of cardiovascular disease (CVD). CIMT is a known marker for early atherosclerosis and its progression. In recent years, case-control studies have shown a relationship between NAFLD and the presence of

early manifestations of atherosclerosis as indicated by CIMT measurement. The first clinical manifestation of CVD often arises in a stage of well-advanced atherosclerosis. The putative underlying mechanisms that link NAFLD to cardiovascular, cardiac and arrhythmogenic complications might originate from the expanded and inflamed visceral adipose tissue. NAFLD frequently coexists with obesity, diabetes, and dyslipidemia an improved knowledge of the pathophysiological links of NAFLD with cardiovascular, cardiac and arrhythmogenic complications might also provide a potential target for the pharmacological treatment of these diseases.

#### **Speaker Biography**

Sarita Bajaj is currently Director-Professor and Head of Medicine, MLN Medical College, India. She has been awarded the Lifetime Achievement Award of the UP-Diabetes Association (UPDA). Her major contribution is towards studies on diabetes, obesity and growth. She has almost 200 publications in peer reviewed journals, monographs and books. She has been awarded numerous Orations and Fellowships. In her capacity as scientific chair, she has successfully organized well attended scientific programs on diabetes, endocrine and metabolic disorders, diabetes exhibitions, camps and has been involved in several National Diabetes Projects. She is holding and has held many prestigious posts of National Societies across India. She is Editor in Chief, ESI Manual of Endocrinology 1st and 2nd edition and on the Editorial Committee of several peer reviewed journals. She has been invited as faculty at both national & international forum. Honors have bestowed upon her in the scientific and public field for her enormous contribution to the medical fraternity and society in endocrine education and awareness.

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