

## LIVER CENTER NEWS

Issue 2

### Managing an Emerging Epidemic: Nonalcoholic Fatty Liver Disease



Kathleen Corey, MD,  
MPH

Nonalcoholic fatty liver disease is now the leading cause of liver disease in the United States, impacting 30% of all Americans. Despite this high prevalence, questions still remain about the causes of fatty liver disease and its optimal management.

The Massachusetts General Hospital **Fatty Liver Clinic** offers consultations for the diagnosis and management of patients with suspected and established fatty liver disease including steatosis, steatohepatitis and cirrhosis.

We work closely with the **Mass General Weight Center** to provide your patient access to dietitians, nutrition and exercise programs, medications for weight loss, and in some cases, weight loss surgery.

We hope this issue of *Liver Center News*, the Mass General Liver Center e-newsletter, provides insight into our clinic, and how we recommend fatty liver disease be diagnosed and treated.

Kathleen Corey, MD, MPH  
Director, Fatty Liver Clinic  
Co-director, Weight Center  
Director of Clinical and Translational Research, Weight Center  
Massachusetts General Hospital

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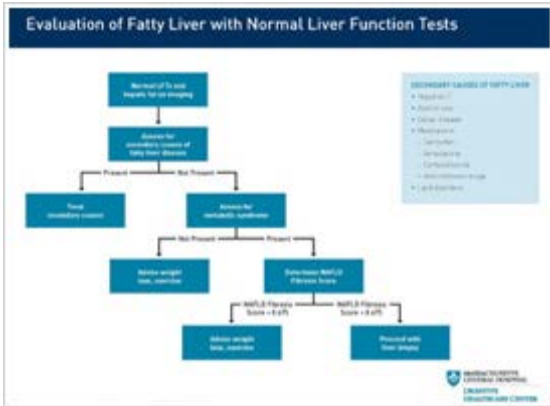
#### ABOUT US

The Liver Center at the Mass General Digestive Healthcare Center provides expert diagnosis and treatment for patients with acute and chronic liver conditions. We see patients in a multidisciplinary setting, including specialists in imaging, pathology, surgery and oncology. [Learn more](#)

To refer a patient to the Liver Center, contact **Nicole Demarzo** at **855-644-3322** or [ndemarzo@partners.org](mailto:ndemarzo@partners.org)

**Algorithms for Evaluation and Management of Fatty Liver Disease**

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Click image to view full-size algorithm (PDF)

**Evaluation of Fatty Liver with Normal Liver Function Tests:** A systemic method of evaluating patients found to have fatty liver on imaging scans but have normal liver function tests.

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**Evaluation of Fatty Liver with Abnormal Liver Function Tests:** A systemic method of evaluating patients found to have fatty liver on imaging scans and abnormal liver function tests.

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**Management of NAFLD Based on Histology:** Guidance on the management of different forms of fatty liver based on histology including steatosis, nonalcoholic steatohepatitis (NASH) with early stage fibrosis and NASH with advanced fibrosis.

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## Frequently Asked Questions about Fatty Liver Disease

To refer a patient to the Liver Center, contact Nicole Demarzo at **855-644-3322** or [ndemarzo@partners.org](mailto:ndemarzo@partners.org)

1. If I think a patient has nonalcoholic fatty liver disease (NAFLD), how does biopsy change my management?
2. What is the NAFLD Fibrosis Score?
3. How do I differentiate alcoholic fatty liver disease from NAFLD?
4. What are secondary causes of fatty liver?
5. Since diabetic patients have a high prevalence of NAFLD, should I be screening my patients with diabetes for NAFLD?
6. How much weight should I advise my patients to lose to help their fatty liver disease?
7. Is exercise helpful in the treatment of fatty liver?
8. Can patients with fatty liver disease safely be treated for hyperlipidemia?
9. Is weight loss surgery effective treatment for fatty liver disease?

[READ THE ANSWERS](#)

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## Mass General Fatty Liver Clinic Team

To refer a patient to the Liver Center, contact Nicole Demarzo at **855-644-3322** or [ndemarzo@partners.org](mailto:ndemarzo@partners.org)

**[Kathleen Corey, MD, MPH,](#)**

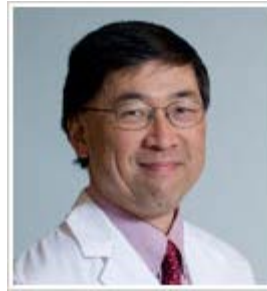
is the co-director of the Weight Center and director of the Fatty Liver Clinic at Mass General. Dr. Corey treats all forms of liver

**[Raymond T. Chung, MD,](#)**

is the director of Hepatology, vice chair of the Division of Gastroenterology and director of the Hepatitis C and Co-infection Clinic. Dr.



disease, but specializes in the management of non-alcoholic fatty liver disease.



Chung treats all forms of liver disease, specializing in the management of viral hepatitis with a particular interest in HCV and HCV/HIV co-infection.



**Karin Andersson, MD,** is the director of the Hepatitis B Clinic. Dr. Andersson treats all forms of liver disease, but specializes in the management of patients with chronic hepatitis B.



**Jules Leonard Dienstag, MD,** is a physician and clinical investigator within the Liver Center. Dr. Dienstag's research is focused on the development of antiviral therapy for chronic viral hepatitis. He is not accepting new patients at this time.



**Lee Peng, MD, PhD,** is a gastroenterologist who sub-specializes in diseases of the liver. Dr. Peng's research involves the use of chemistry and chemical biology to study liver disease and other problems of importance to gastroenterology.



**Daniel Pratt, MD,** is director of the Cholestatic and Autoimmune Liver Clinic and medical director of the Liver Transplant Clinic. Dr. Pratt specializes in the management of primary biliary cirrhosis, primary sclerosing cholangitis, autoimmune hepatitis and IgG4-associated liver disease.



**Michael Thiim, MD,** is director of the Residency Education Program for the Division of Gastroenterology. Dr. Thiim treats all forms of chronic liver disease.



**Judith Bloom, NP, MSN,** is the pre-liver transplant nurse practitioner. She sees patients in the Multidisciplinary Liver Transplant Clinic and the Mass General Liver Center.



**Jenna Gustafson, BA, MS,** is the lead clinical research coordinator for the Mass General Liver Center. Jenna coordinates all investigator-driven and pharmaceutical trials at Mass General.



**Nicole Demarzo** coordinates the Mass General Liver Clinic and works closely with referring physicians to carefully coordinate patient care and referrals.

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## Clinical Trials in Fatty Liver Disease

For more information on clinical trials, contact **Jenna Gustafson** at [jgustafson@partners.org](mailto:jgustafson@partners.org)

**A Phase 2b, Dose-ranging, Randomized, Double-blind, Placebo-controlled Trial Evaluating the Safety and Efficacy of GS-6624, a Monoclonal Antibody Against Lysyl Oxidase-like 2 (LOXL2), in Subjects with Advanced Liver Fibrosis but not Cirrhosis Secondary to Nonalcoholic Steatohepatitis (NASH)**

The goal of this study is to see if the monoclonal antibody, GS-6624 is effective at preventing the progression of liver fibrosis in people with NASH.

PI: Kathleen Corey, MD, MPH

**Nonalcoholic Fatty Liver Disease Registry**

This registry follows patients and family members with suspected or established non-alcoholic fatty liver disease. The purpose of this study is to identify non-invasive ways to diagnosis fatty liver disease as well as attempt to understand the causes of fatty liver disease.

PI: Kathleen Corey, MD, MPH

**A Phase 2b, Dose-ranging, Randomized, Double-blind, Placebo-controlled Trial Evaluating the Safety and Efficacy of GS-6624, a Monoclonal Antibody Against Lysyl Oxidase-like 2 (LOXL2), in Subjects with Compensated Cirrhosis Secondary to Nonalcoholic Steatohepatitis (NASH)**

The goal of this study is to see if the monoclonal antibody, GS-6624 is effective at reversing liver scarring and heal cirrhosis in people with NASH.

PI: Kathleen Corey, MD, MPH

**Liver Disease Tissue Repository**

This registry follows patients (both adults and children) and family members with suspected or established liver disease of any type.

PI: Raymond T. Chung, MD

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