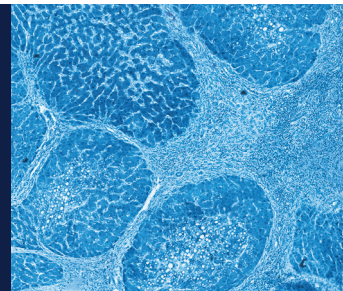


Nonalcoholic fatty liver disease: a growing indication for transplant



As the prevalence of obesity increases in the United States, the incidence of nonalcoholic fatty liver disease, and liver transplantation, is also rising.*

What is nonalcoholic fatty liver disease?

Nonalcoholic fatty liver disease (NAFLD), also known as nonalcoholic steatohepatitis, is a metabolic syndrome. Weight loss and liver transplantation are currently the only cures for NAFLD.

- NAFLD typically presents as an unexpected abnormality in liver function tests, usually the alanine aminotransferase (ALT) test, in people who otherwise feel well.
- The underlying cause is usually one or all of the following:
 - Obesity
 - High blood lipids in nonobese people
 - Diabetes
 - Genetic factors
- In people over the age of 50, the first indication of NAFLD may be a sign of cirrhosis.
- Studies are underway to determine the precise risk of progression of NAFLD to cirrhosis; at this time, it is estimated at 20 percent.

Evaluation and criteria for transplant

- If the cause of NAFLD, such as obesity or diabetes, is not treated, the condition may progress to liver failure and/or liver cancer and require liver transplantation.
- The evaluation for a transplant is complex and generally requires several months.
- Even patients who are feeling well should be evaluated for a liver transplant at the first sign of liver failure.
- The work of the research team at UCSF in downstaging of liver cancer, led by Francis Yao, MD,[†] allows patients with initial tumor burden exceeding conventional criteria to be eligible for liver transplant.

* National Institute of Diabetes and Digestive and Kidney Diseases.

[†] Yao FY, Mehta N, Flemming JA, Dodge J, Hameed B, Fix O, Hirose R, Fidelman N, Kerlan RK, Roberts JP. Downstaging of hepatocellular cancer before liver transplant: long-term outcome compared to tumors within Milan criteria. *Hepatology*. 2015;61:1968-1977.

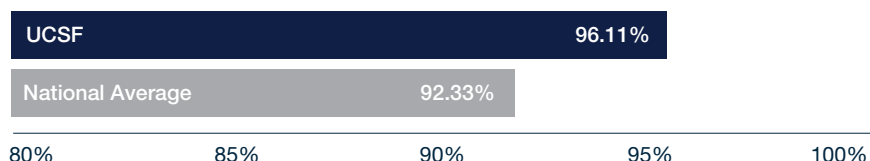
UCSF Liver Transplant Program

www.ucsfhealth.org/livertransplant

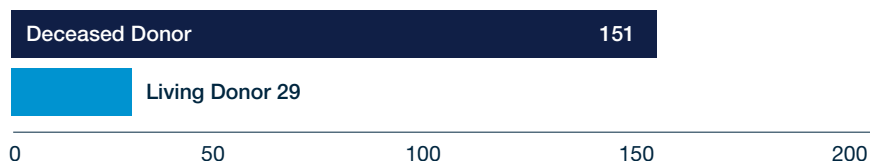
With high patient volumes and outstanding survival rates, UCSF Health is a leader in liver transplantation.

- Our program's one-year survival rate is 96.11 percent, among the highest in the country.*
- More liver transplants are performed here than at any other hospital in California.†
- Our researchers are leading and participating in several clinical trials to discover new treatments for NAFLD.

ONE-YEAR SURVIVAL RATES*



ADULT LIVER TRANSPLANTS AT UCSF, 2017†



* Scientific Registry of Transplant Recipients, University of California San Francisco Medical Center SRTR Program-Specific Report, January 5, 2018. One-year survival rates are for living donor and deceased donor transplants combined.

† Organ Procurement and Transplantation Network (OPTN), 2017 Center Data.



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