Losing Weight Is Linked to Improvement in NASH

May 21, 2015

People with non-alcoholic steatohepatitis (NASH) who lose significant body weight are likely to experience improvements in their disease condition. Researchers conducted a study of 293 people with NASH who were given a low-fat, low-calorie diet and instructed to increase physical activity for 52 weeks. They presented their findings at the 50th International Liver Congress in Vienna, Austria.

A total of 261 of the participants received liver biopsies at the beginning and end of the study.

Those who lost more than 7 percent of their body weight experienced a beneficial change in their NASH disease state. But to resolve the condition, and to experience improvements in liver fibrosis and portal inflammation, a weight loss of at least 10 percent of body weight was required.

To read a press release on the study, click here.

© 2026 Smart + Strong All Rights Reserved.

http://beta.docker.hepmag.com/article/NASH-weight-loss-27272-761130154