University of Iowa to Host MASLD Awareness Event This Fall

The project centers on a two-day international academic conference exploring the latest research and treatments for MASLD.

August 18, 2025 By Laura Schmidt

A clinical associate professor at the Carver College of Medicine at the University of Iowa (UI) has been awarded a 2025 International Programs' Major Project Award to raise awareness of metabolic dysfunction-associated steatotic liver disease (MASLD), a leading cause of liver disease and liver transplants worldwide, according to a UI news release.

Planned for fall 2025, the initiative, Metabolic Health in Motion: A Multidisciplinary Journey to Liver Wellness, will be led by Marta Tejedor Bravo, MD, a clinical associate professor of internal medicine–gastroenterology and hepatology.

The project centers on a two-day international academic conference at UI that will explore latest research and treatments for MASLD (formerly known as non-alcoholic fatty liver disease, or NAFLD).

Often referred to as "silent diseases," MASLD and its more severe form, metabolic dysfunction-associated steatohepatitis (MASH), are responsible for a growing proportion of advanced liver disease, mirroring a global rise in obesity. MASLD is caused by fat accumulation in the liver, known as hepatic steatosis. Over time, fat accumulation in the liver can lead to fibrosis, cirrhosis and liver cancer.

"The rising burden of MASLD is not just a local or national issue—it's a global crisis," Tejedor Bravo said in the release. "Our goal is to unite clinicians, researchers and the public to understand the scope of this disease and empower prevention through knowledge, diet and exercise."

The academic conference, titled "A Global Insight into Metabolic Associated Liver Disease: International Perspectives," will take place September 19 and 20 at UI. The event will feature

international experts discussing obesity, cardiovascular disease, organ donation, lifestyle interventions and new MASLD treatment options.

Tejedor Bravo's project also aims to engage the public through a series of accessible, community-oriented events, including a Run for Your Liver, Run for Your Life 5K race and fundraiser to raise awareness about MASLD and liver transplantation. Funds will support early-career liver transplant researchers. Go here to register.

The project also features a Mediterranean diet workshop and live demo led by an international chef titled "Cooking Your Way to a Healthy Liver." A Mediterranean diet, which is rich in fruits, vegetables, whole grains and healthy fats, has shown to benefit liver health and reduce the risk of MASLD.

What's more, the project includes a fitness masterclass detailing how physical activity supports liver function.

"These events bring the conversation beyond the clinic and into our kitchens, gyms and neighborhoods," said Tejedor Bravo. "That's where real, sustainable change begins."

"We're excited to support a project that combines academic rigor with community engagement and international collaboration," said Russ Ganim, associate provost and dean of international programs. "Dr. Tejedor Bravo's initiative exemplifies the mission of our Major Project Award by tackling a global health challenge in a locally grounded and globally minded way. This is a one-of-a-kind project which demonstrates an originality that IP seeks to reward and encourage."

To read more, click #MASLD. There, you'll see headlines such as "Statin Use Linked to Lower Risk for Liver Cancer and Decompensation," "Time-Restricted Eating Can Help Cut Liver Fat" and "60% of Liver Cancer Cases Could Be Prevented."

© 2026 Smart + Strong All Rights Reserved.
http://beta.docker.hepmag.com/article/university-iowa-host-masld-awareness-event-fall