

Epidemiology and clinical manifestations of non-alcoholic steatohepatitis (NASH)

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Abstract

Non-alcoholic fatty liver disease (NAFLD), which describes a condition of fat accumulation in the liver in the absence of excessive alcohol consumption and specific causes of hepatic steatosis, is the most common liver disorder in the world, affecting 20-40% of the general population in Western countries and 5-40% in the general population across the Asia-Pacific region. Patients with non-alcoholic steatohepatitis (NASH), a more severe form of NAFLD, may progress to liver cirrhosis and its related complications, including hepatocellular carcinoma. Since NAFLD is highly linked to obesity, type 2 diabetes mellitus (T2DM), and metabolic syndrome, such patients usually co-morbid with cardiovascular and metabolic disorders. In addition to the association with nutrition and metabolism, recent studies have highlighted the close interactions of NASH, microbiota, and innate immunity. Today, I will review some essential facts regarding the epidemiology and clinical manifestations of NASH.