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Manuscript Type: META-ANALYSIS

The effect of zinc treatment on clinical outcomes in patients with liver cirrhosis: a systematic review and meta-analysis

Tan HK *et al.* Zinc treatment in cirrhosis

Huey K Tan, Adam Streeter, Matthew E Cramp, Ashwin D Dhanda

Abstract

BACKGROUND

Zinc is an essential trace element integral to many cellular and immune functions. Zinc deficiency is highly prevalent in patients with cirrhosis and related to disease severity.

AIM

To evaluate whether zinc supplementation improves clinical outcomes (disease

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Jul 06, 2019 · Background. **Low serum zinc level** is associated with **hepatic encephalopathy (HE)**, but the **efficacy of zinc supplementation** remains uncertain. This study aimed to investigate the **effects of zinc supplementation** on **HE treatment in patients with cirrhosis**.

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Sep 28, 2019 · **CONCLUSIONS: Clinical trials assessing zinc supplementation in liver diseases** do not show benefits in terms of **clinical improvement** or **disease halting**. There are possible **benefits of zinc supplementation** on **hepatic encephalopathy**, however, this is based on limited evidence.

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Author: Daniela C. Diglio, Sabrina A. Fernandes, Je...

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Jul 06, 2019 · Randomized controlled trials of **zinc supplementation** versus **placebo** or other **treatment** for the management of HE in adult patients with cirrhosis were selected. The primary outcome was the degree of HE as assessed by clinical signs or specialized psychometric tests. The secondary outcomes included **serum ammonia levels**, **adverse events**, or the length of **hospital stay** and costs.

Cited by: 5

Author: Ying-Chi Shen, Ya-Hui Chang, Ching-Ju ...

Publish Year: 2019

[Zinc supplementation in patients with cirrhosis and ...](#)

<https://nutritionj.biomedcentral.com/articles/10.1186/s12937-019-0461-3>

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zinc deficiency is common in **patients with liver cirrhosis** [10–12]. Lower serum **zinc** level has also been seen as a precipitating factor for HE [12]. Several studies [13–15] investigated the link between **zinc** and HE, but the over-all evidence regarding the **effects of zinc** therapy for HE remains inconsistent. A previous **meta-analysis** ...

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Author: Ying-Chi Shen, Ya-Hui Chang, Ching-Ju ...

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