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Treatment options for alcoholic and non-alcoholic fatty liver disease: A review

Singh S *et al.* Treatment options for ALD and NAFLD

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Abstract

Alcoholic liver disease (ALD) and non-alcoholic fatty liver disease (NAFLD) are serious health problems worldwide. These two diseases have similar pathological spectra, ranging from simple hepatic steatosis to liver cirrhosis. Although most people with excessive alcohol or calorie intake experience simple hepatic steatosis, a small percentage develops progressive liver disease. Despite extensive research on understanding the pathophysiology of both these diseases there are still no targeted therapies available. The treatment for ALD remains as it was 50 years ago:

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