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Management of non-alcoholic fatty liver disease in 2015

Malhotra N *et al.* Past, present and future

Neel Malhotra, Melanie D Beaton

Abstract

There is no single pharmacologic therapy that has been approved to treat nonalcoholic fatty liver disease in the general population. The backbone of therapy currently includes intensive lifestyle modification with established targets for diet and weight loss. The use of unsweetened, unfiltered coffee along with limiting high fructose corn syrup have emerged as beneficial dietary recommendations. The use of empiric oral hypoglycemic agents and Vitamin E, however, has not been widely accepted. Developing bariatric surgical techniques are promising, but additional studies with long term follow up are needed before it can be

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