

Name of journal: *World Journal of Hepatology*

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### Nonalcoholic Fatty Liver Disease in 2014

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#### Abstract

There is worldwide epidemic of <sup>33</sup> nonalcoholic fatty liver disease. Nonalcoholic fatty liver disease is a clinical <sup>59</sup> entity related to metabolic syndrome. Majority of the patients are obese but the disease can affect non-obese individuals as well. Metabolic factors and genetics <sup>12</sup> play important roles in the pathogenesis of this disorder. The spectrum of disorders included in <sup>12</sup> nonalcoholic fatty liver disease are benign macrovesicular hepatic steatosis, nonalcoholic steatohepatitis, hepatic fibrosis, <sup>12</sup> cirrhosis of liver and hepatocellular carcinoma. Although the disease <sup>28</sup> remains asymptomatic most of the time, it can slowly progress to end stage liver disease. It will be the most common indication of liver transplantation in the future. It is diagnosed by abnormal liver chemistry, imaging studies and liver biopsy. As there are risks of potential complications during liver biopsy, many patients do not opt for liver biopsy. There are some noninvasive scoring systems to find out whether patients have advanced hepatic fibrosis. At the present time, there are limited treatment options which include lifestyle modification to loose weight, vitamin E and thioglitazones. Different therapeutic agents are being

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