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Summary

Life after liver transplant

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Pancreas | Surgery | Hepatobiliary

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Long-term care after liver transplantation should extend beyond survival to address cardiovascular disease, de novo malignancies, quality of life, and women's health through multidisciplinary team approaches.

KEY POINTS

- The speaker reported that a multidisciplinary protocol at their center, led by an advanced practice nurse, transplant hepatologist, and endocrinologist, resulted in better control of cardiovascular risk factors and a statistically significant decrease in cardiovascular events after liver transplant.
- Cardiovascular disease and de novo cancer are the most important long-term non-graft-related complications, driven by older recipient age, metabolic comorbidities, and the shift to steatotic liver disease as the main transplant indication.
- The speaker stated that liver transplant recipients are at higher risk for de novo malignancies that appear more aggressively than in immunocompetent patients, with lung cancer screening particularly relevant given elevated risk in this population.
- Quality of life after liver transplant often improves dramatically but remains lower than the general population, particularly for women and in domains such as sexual function and psychological health.
- Women's health beyond pregnancy, including conception, postpartum, breastfeeding, menopause, and sexual function, is greatly overlooked with almost no current knowledge in the field.
- The speaker stated that emerging metabolic therapies including GLP-1 agonists and SGLT-2 inhibitors have been associated with better control of weight, diabetes, and liver health in transplant recipients.

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