

IMPACT OF INTERMITTENT FASTING ON LABORATORY, RADIOLOGICAL, AND ANTHROPOMETRIC PARAMETERS IN NAFLD PATIENTS

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Poster

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A study of 98 NAFLD patients undergoing 16-hour daily intermittent fasting for approximately one month showed significant improvements in liver transaminases, lipid profiles, BMI, glycemic indices, and fibrosis markers that persisted one month post-fasting.

KEY POINTS

- Liver transaminases ALT and AST improved significantly after fasting and improvements continued in the following month, with 24.4% of patients with elevated ALT achieving normalization after one month and 33.3% one month later.
- Lipid profiles including cholesterol, triglycerides, HDL, LDL, and cholesterol/HDL risk ratio were significantly corrected following intermittent fasting and improvements persisted in the subsequent phase.
- Body mass index decreased significantly following fasting, while waist, hip, and triceps skin fold thickness showed no remarkable changes.
- Glycemic indices including HbA1c, postprandial glucose, and HOMA-IR as well as fibrosis markers FIB-4 and APRI were significantly ameliorated, though reduction in inflammatory markers was not long lasting.
- The study enrolled mostly female, rural patients with high rates of hypertension, diabetes, and metabolic syndrome who fasted 16 hours daily for 22-29 days without special dietary recommendations.

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