

EFFICACY AND SAFETY OF GLUCAGON-LIKE PEPTIDE-1 RECEPTOR AGONISTS IN METABOLIC DYSFUNCTION-ASSOCIATED STEATOHEPATITIS AND LIVER FIBROSIS: A SYSTEMATIC REVIEW AND META-ANALYSIS OF RANDOMIZED CONTROLLED TRIALS WITH TRIAL SEQUENTIAL ANALYSIS

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Poster

Hepatobiliary

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Meta-analysis of six RCTs shows GLP-1 receptor agonists significantly increase MASH resolution without worsening fibrosis but do not significantly improve fibrosis stage or disease activity score in patients with MASH and fibrosis.

KEY POINTS

- GLP-1 RAs significantly increased MASH resolution without worsening fibrosis (RR 3.50; 95% CI 2.44–5.02; $p < 0.001$) in pooled data from 1,000 patients across six RCTs with mean 47-week follow-up.
- GLP-1 RAs did not significantly improve fibrosis without worsening MASH (RR 1.35; 95% CI 0.91–2.01; $p = 0.141$) or disease activity score (RR 1.33; 95% CI 0.93–1.89; $p = 0.114$).
- No significant differences in serious adverse events were observed between GLP-1 RA and control groups.
- GLP-1 RAs improved laboratory, imaging, glycemic, lipidic, blood pressure, and anthropometric parameters as secondary outcomes.
- This systematic review and meta-analysis is relevant for clinicians managing patients with metabolic dysfunction-associated steatohepatitis and fibrosis.

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