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Summary

Similarities and differences in the epidemiology and natural history of autoimmune hepatitis vs alcohol-related liver disease

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Surgery | Radiology & Imaging | Immunology | Hepatobiliary

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The speaker compared alcohol-related liver disease and autoimmune hepatitis, emphasizing that treating inflammation improves survival in both conditions despite their differences in prevalence and presentation.

KEY POINTS

- In the Royal Free Hospital study, patients with autoimmune hepatitis treated with 20 mg daily steroids had 83% five-year survival compared to 50% in untreated patients, and only 27% of untreated patients survived ten years.
- For alcoholic hepatitis, the speaker stated that five-year survival with abstinence is approximately 75%, dropping to 27% with relapse to drinking.
- In autoimmune hepatitis, failure to achieve a 50% reduction in AST or ALT by four weeks of treatment identifies patients at higher risk for liver-related death or transplantation.
- The speaker reported that globally, 2.6 million people die from alcohol-attributable deaths, with 400 million people having alcohol use disorder and over 200 million with alcohol dependence.
- Autoimmune hepatitis incidence is rising by about 3% per year in France, Germany, and the UK, according to the speaker, with global incidence of one to two new cases per 100,000 person-years.
- Even in patients with advanced fibrosis from autoimmune hepatitis, the speaker noted that inflammation improves with treatment and fibrosis regression can occur for as long as 12 years.

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