gutflix
GI learning, personalised

Summary

Re-envisaging SLD in a wider metabolic context: ectopic adiposity, pancreatic steatosis and microbiome dysbiosis

Paul Brennan

UEG Week Barcelona 2026 | Presentation

Primary Care

October 19, 2026

The speaker proposes reconceptualising steatotic liver disease as the hepatic manifestation of a systemic fat storage disorder, emphasising assessment and intervention across multiple metabolic organs rather than the liver alone.

KEY POINTS

- Steatotic liver disease should be understood within a broader metabolic landscape driven by upstream determinants including ultra-processed food, sugar-sweetened beverages, and sedentary lifestyles, with the liver serving as an accessible window for assessing metabolic health.
- Fatty pancreas, with a pooled prevalence the speaker stated as about 33%, now has standardised nomenclature and consensus definitions endorsed by 15 societies, with MRI proton density fat fraction as the most sensitive diagnostic tool.
- The speaker stated that Mendelian randomisation studies show a significant association between liver fat and type 2 diabetes risk, but no direct causal signalling was found for pancreatic fat.
- In the DIRECT trial, the speaker reported that 46% of individuals maintained type 2 diabetes remission at 12 months using a hypocaloric diet, with changes in liver fat mirrored by changes in intrapancreatic fat.
- The speaker recommends that hepatologists should assess glycaemic and cardiovascular risk and pancreatic health alongside liver fibrosis, favouring therapies that reduce ectopic fat across multiple organs with pleiotropic effects.
- Prevention requires policy-level interventions addressing social determinants of health, as evidenced by the UK sugar levy's stated reduction of about 8% in obesity cases and minimum unit pricing benefits in Scotland.

VIEW THIS CONTENT ON GUTFLIX

https://gutflix.eu/search/d/0db17eb2-d150-11f1-8d49-daaa6dbee0a2

AI-generated summary

This summary was generated by an AI large language model based on the content transcript. It is for informational purposes only and should not be considered a substitute for clinical judgment. Always rely on your professional expertise and the full clinical context when making clinical decisions.