Efficacy of Pre-Operative Shrink Liver Diet on Metabolic Dysfunction-Associated Steatotic Liver Disease in Bariatric Surgery Patients

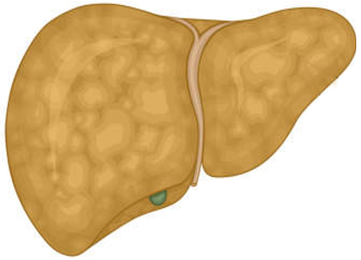
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Background/Introduction

- 80% of patients undergoing bariatric surgery have concomitant MASLD
- Lifestyle and dietary modifications are current mainstays of treatment given lack of established pharmacotherapy
- Diagnostic ultrasound has high sensitivity (85%) and specificity (93%)

Purpose

To determine the ability of pre-operative shrink liver diet to ameliorate ultrasound-detected MASLD in patients undergoing bariatric surgery.



- ↓ Low calorie
- ↓ Low carb
- ↓ Low fat
- ↑ High protein

Methods

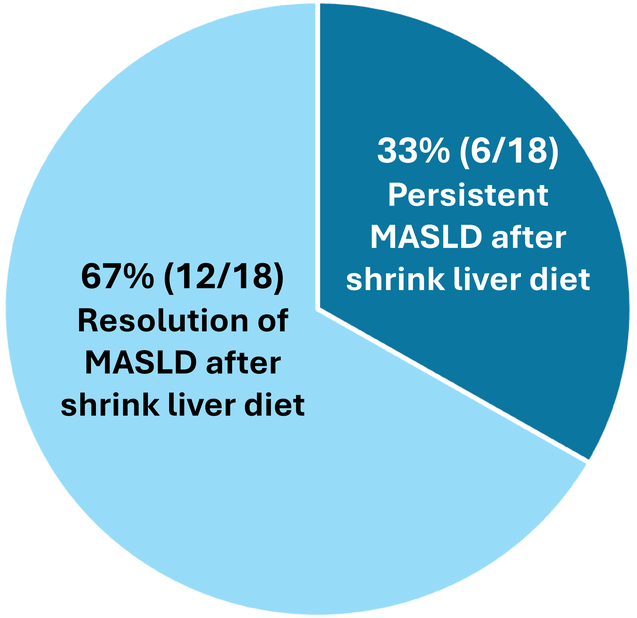
- Cohort of 18 patients undergoing laparoscopic Roux-en-Y gastric bypass or sleeve gastrectomy with ultrasound evidence of MASLD
- Shrink liver diet for 2 weeks pre-op
- Wedge liver biopsy at time of bariatric surgery

Results

- Average age of 49 and average BMI of 43.2
- No significant difference in age, BMI, or pre-operative lab values between patients with and without resolution of MASLD after pre-op shrink liver diet

Conclusions & Implications

Pre-op shrink liver diet, even of a brief duration, has the potential to ameliorate MASLD in bariatric surgery patients.



Future Actions

- Analysis of larger cohort with longer duration of follow up to determine the factors predictive of successful diet-based treatment of MASLD in bariatric surgery patients