

# Additional benefits of type 2 diabetes treatment found for non-alcoholic fatty liver disease patients

15 April 2016

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A type 2 diabetes treatment has been found to also have 'off-label' benefits for glucose control in the liver and in fatty cells known as adipose.<sup>1</sup>

Presented at The International Liver Congress 2016 in Barcelona, Spain, today, the study shows that exenatide, a treatment that targets the pancreas to improve glucose absorption, enhances glucose uptake and reduces insulin resistance in the liver and in adipose tissue.

Non-alcoholic fatty [liver](#) disease (NAFLD) is a condition in which fat builds up in the liver. In some cases this accumulation of fat can cause inflammation of the liver and eventually lead to permanent scarring (cirrhosis), which can seriously impair the liver's ability to function. NAFLD is closely associated with obesity and diabetes and the consequences of the condition can be grave, representing a major global public health problem.<sup>2</sup> Two large European studies reported NAFLD prevalence rates of between approximately 43% and 70% in adults with type 2 diabetes.<sup>3</sup>

"There has been much discussion around the benefit of using injectable diabetes treatments, such as exenatide, on other tissues than the [pancreas](#) to improve [glucose control](#)," said Dr Amailia Gastaldelli, Institute of Clinical Physiology, CNR, Pisa, Italy, University of Texas Health Science Center, San Antonio, USA, and lead author of the study. "This is why we set out to evaluate the effects of exenatide on the liver and adipose tissue; to better understand the benefits this treatment could offer to a wider group of patients."

Male participants (n=15) with a fatty liver index score of >30 (a classification system that ranges from 0 to 100)<sup>4</sup> were tested on two occasions. Those with a score

APA citation: Additional benefits of type 2 diabetes treatment found for non-alcoholic fatty liver disease patients (2016, April 15) retrieved 16 November 2022 from <https://medicalxpress.com/news/2016-04-additional-benefits-diabetes-treatment-non-alcoholic.html>

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