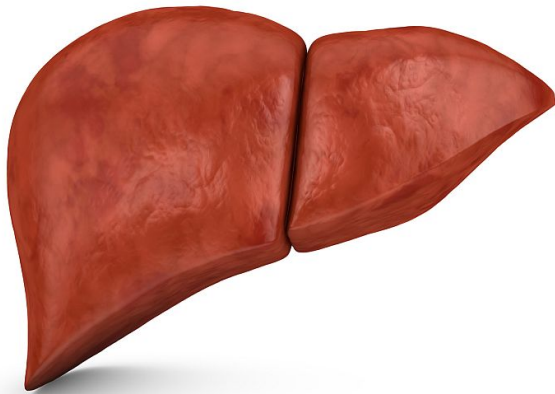


Lifestyle intervention reduces portal pressure in cirrhosis

4 January 2017



HVPG, by \pm 10 percent in 42 percent and \pm 20 percent in 24 percent. There was a correlation between a \pm 10 percent body weight loss and a greater decrease in HVPG ($P = 0.024$). There were no episodes of clinical decompensation. Weight loss at 16 weeks persisted at six months.

"Sixteen weeks of diet and moderate exercise were safe and reduced [body weight](#) and portal pressure in overweight/obese patients with cirrhosis and [portal hypertension](#)," the authors write.

More information: [Full Text \(subscription or payment may be required\)](#)

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(HealthDay)—For overweight/obese patients with compensated cirrhosis and portal hypertension, a lifestyle intervention can reduce body weight and portal pressure, according to a study published online Dec. 20 in *Hepatology*.

Annalisa Berzigotti, M.D., from the Instituto de Salud Carlos III in Madrid, and colleagues conducted a multicentric uncontrolled pilot study involving patients with compensated cirrhosis, portal hypertension (hepatic venous pressure gradient [HVPG] \geq 6 mm Hg), and [body mass index](#) (BMI) of \geq 26 kg/m² in an intensive 16-week [lifestyle intervention](#) program. Before and after the intervention, they measured HVPG, body weight and composition, adipokines, health-related quality-of-life, and safety data. Fifty patients completed the study.

The researchers observed a significant decrease in body weight with the lifestyle intervention, by \pm 5 percent in 52 percent and \pm 10 percent in 16 percent. There was also a significant decrease in

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