

## **ICLDC sheds light on liver disease in Diabetes patients**

**Diabetes affects 180 million worldwide and likely to double by 2030; ICLDC continues to drive education and awareness to UAE**

**Abu Dhabi, April 2008:** A fatty liver syndrome frequently thought to be the result of an excessive alcohol intake has now been linked to Diabetes, according to Professor Simon Taylor-Robinson, a visiting specialist at Abu Dhabi's Imperial College London Diabetes Centre (ICLDC).

"For a long time doctors have thought that fatty liver condition was linked to high alcohol consumption.

"However, the condition is now known as non-alcoholic fatty liver disease and is found to be present in many people living with Diabetes," Professor Taylor-Robinson observed.

He went on to explain that the liver tends to respond in the same way, whether the cause is alcohol or Diabetes.

"The nature of the liver is that alcohol-related fatty liver disease is difficult to distinguish from Diabetes-related fatty liver disease," he said. He added that research shows that the rate of non-alcoholic fatty liver disease is increasing in line with the burgeoning growth rate of obesity.

"Non-alcoholic fatty liver disease generally develops slowly and is often associated with Diabetes, insulin resistance and obesity. People who have simple fatty liver in their forties might develop fibrosis or cirrhosis after several years."

However, Professor Taylor-Robinson said that the good news is that recent studies also suggest that liver damage does not have to be permanent.

"There is a very good chance that the condition can be reversed in many patients as research has shown that the liver can repair itself, even in the stage of advanced cirrhosis.

In line with the recommended healthy lifestyle treatment for Diabetes, fatty-liver disease also requires patients to adopt a combination of a good diet and regular exercise for the reversal to be successful.

The World Health Organization (WHO) estimates that more than 180 million people worldwide have Diabetes and this number is likely to more than double by 2030.

Professor Taylor-Robinson, who was speaking at one of ICLDC's on-going series of specialist lectures, said that Diabetes-related fatty liver too is on the increase worldwide: "It is much more common than originally thought," he concluded.

For more details visit: [www.icldc.ae](http://www.icldc.ae) [www.diabetesuae.ae](http://www.diabetesuae.ae)

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## **Notes to the Editor**

### **About Imperial College London Diabetes Centre**

The Imperial College London Diabetes Centre is a state-of-the-art specialised out-patient clinic dedicated to help detect, prevent and treat diabetes. The centre is a one-stop-facility that specialises in Diabetes Treatment, Research, Training and Public Health. Located in Abu Dhabi (next to the Zayed Military Hospital), ICLDC allows the highest level of specialised patient care, from first diagnosis to the continued management of all complications associated with diabetes.

Imperial College London holds a renowned history and expertise in the study of diabetes, bringing one of the leading medical academic institutions in the world to Abu Dhabi as a core working partner. Under ICLDC practices, one of the Centre's primary objectives will be to provide continuing education for health professionals and the general public. For more details visit: [www.icldc.ae](http://www.icldc.ae)



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