The liver disease non-alcoholic steatohepatitis (NASH) is tied to kidney disease.

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Consuming a low-fat, low-calorie diet and participating in an exercise program can improve liver health and kidney function among people with non-alcoholic steatohepatitis (NASH).

NASH is tied to kidney disease.

Publishing their findings in Alimentary Pharmacology & Therapeutics, researchers conducted a post hoc analysis of a recently published trial of 261 people with NASH. The participants were prescribed diet and exercise lifestyle modifications for 52 weeks.

The diet and exercise program was often associated with reduced liver inflammation and scarring.

Those who saw improvements in liver disease markers also saw improved kidney function. This connection remained even after the researchers adjusted the data to account for confounding factors such as diabetes, high blood pressure, medications for other conditions and weight loss.

To read a press release about the study, click here.

To read the study abstract, click here.