ESSENTIAL PHOSPHOLIPIDS IN THE COMPLEX THERAPY OF NON-ALCOHOLIC FATTY LIVER DISEASE.

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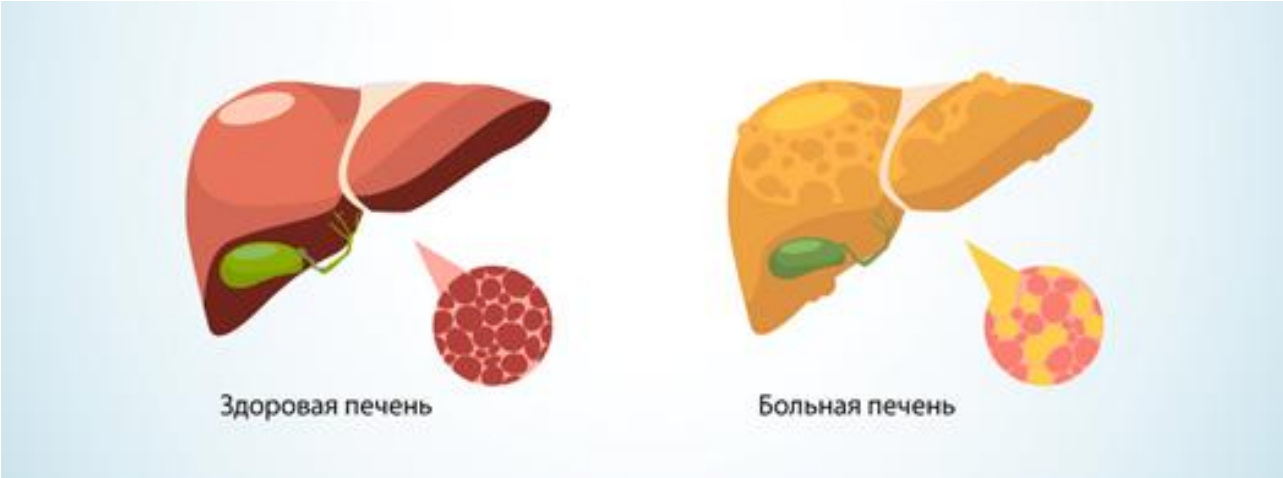
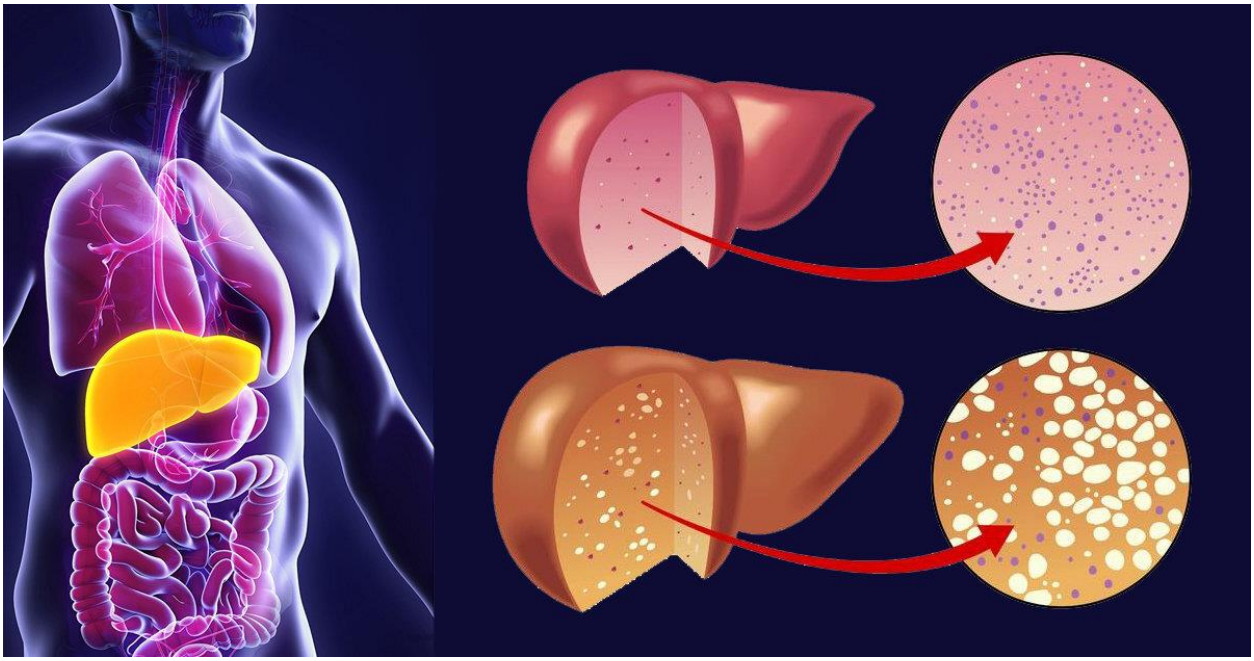
Annotation.*Non-alcoholic fatty liver disease (NAFLD) attracts the attention of a wide range of specialists as a multifactorial disease. According to the results of numerous studies, it has been found that the most common risk factors for NAFLD are hypertension, dyslipidemia, hypercholesterolemia, abdominal obesity, type 2 diabetes mellitus. Therefore, an integrated approach to the treatment of this disease remains relevant at the present time. Along with the use of the main drugs used to treat NAFLD, hepatoprotectors - essential phospholipids (EFL) are actively used.*

Keywords. *Non-alcoholic fatty liver disease (NAFLD), essential phospholipids (EFL), patient, phosphogliv*

The purpose of this study is to compare the efficacy and safety of hepatoprotectors containing EFL produced in Belarus and Russia (phosphogliv) in patients with NAFLD.

Materials and methods. We examined 65 patients with NAFLD: 45.83% women and 54.17% men (20-72 years old). The patients were divided into two groups: the main group received the drug EFL at 2 caps 3 r/d, the comparison group received the drug phosphogliv at 2 caps 3 r /d for 28 days. The groups were comparable in gender, age, and degree of NAFLD. A comprehensive clinical and laboratory examination, ultrasound of the OBP was performed, and the quality of life was assessed (questionnaire SF-36).





The results. The effectiveness of the therapy was carried out by comparative analysis of the dynamics of concentrations of ALT, AST, alkaline phosphatase, gamma-GTP - a significant decrease in AST, ALT, gamma-GTP was revealed in both groups ($p<0.001$). There was also a regression of clinical symptoms of NAFLD, which affected the quality of life indicators "PhysicalHealth" and "MentalHealth". There was a statistically significant increase in the "Physical Health" index of the SF-36 questionnaire at the end of the active therapy period ($p<0.001$ and $p<0.0001$ in patients

taking the studied drug and phosphogliv, respectively). Safety data did not reveal any adverse events.

Conclusions. Thus, as a result of the study, no less therapeutic efficacy of the studied drug was proved relative to the comparison drug in patients with NAFLD according to the primary criteria for evaluating effectiveness (ALT and AST activity) and most secondary criteria (gamma GT activity). A sufficient coincidence of the safety and tolerability profile of the studied drug and the comparison drug has been demonstrated, which indicates therapeutic equivalence within clinically acceptable boundaries.

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