

About the 2021 Postgraduate Course

This year's one-day Postgraduate Course will address lifestyle and the liver, with specialists providing their input via cases that they present. The course will highlight many clinical practice dilemmas and engage the audience with these world-renowned experts on how to make optimal management decisions to help patients with liver disease.

The Postgraduate Course is divided into six sessions, including a closing panel discussion on a multidisciplinary, outpatient approach to non-alcohol related fatty liver disease (NAFLD) and alcohol-related disease (ALD). It concludes with a State-of-the-Art lecture on lifestyle and public health.

In each session, a case will be presented. The audience will be able to reply to questions from chairs and live voting will be available. A course syllabus will be available in PDF format for download from the congress website.

Course organisers



Jean-François **DUFOUR**
Switzerland



Maria Isabel **LUCENA**
Spain



Mark **THURS**
United Kingdom

Programme topics include:

- Non-alcoholic fatty liver disease
- Impact of physical activity and diet on liver disease
- Nutritional and behavioural patterns affecting the liver
- Alcohol-related liver disease
- Drugs, xenobiotic misuse, and liver toxicity
- Multidisciplinary outpatient approach to NAFLD and ALD

Programme overview

The liver is an organ particularly sensitive to lifestyles. The surge in non-alcoholic fatty liver disease in the last decades is a paramount example of this sensitivity. The postgraduate course of ILC 2021 will cover how unhealthy lifestyles affect the liver and how behavioural intervention, such as regular physical activity and nutritional changes, can improve liver diseases.

We will provide updates on non-alcoholic fatty liver disease as well as on alcohol-related liver disease. Misuse of over-the-counter analgesics, and herbal and dietary supplement products, including illicit hormonal compounds, is a growing concern and an emerging cause of liver disease worldwide. This postgraduate course will also address the potential harm of unsupervised use of drugs and other non-prescribed agents.

We trust you will enjoy attending this course and that you will find it informative and useful for your hepatology practice.



