



GHAPP

Gastroenterology & Hepatology
Advanced Practice Providers

2020 Third Annual National Conference

November 19-21, 2020

Red Rock Hotel – Las Vegas, NV



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Obesity: Impact on Gastroenterology and Hepatology

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Disclosures

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Disclosures

April G. Morris, FNP

Speakers Bureau: AbbVie, Clinical Area – HCV

Speakers Bureau: Gilead Sciences, Clinical Area – HCV

Speakers Bureau: Intercept Pharmaceuticals, Clinical Area – NASH

Consultant: AbbVie, Clinical Area – HCV

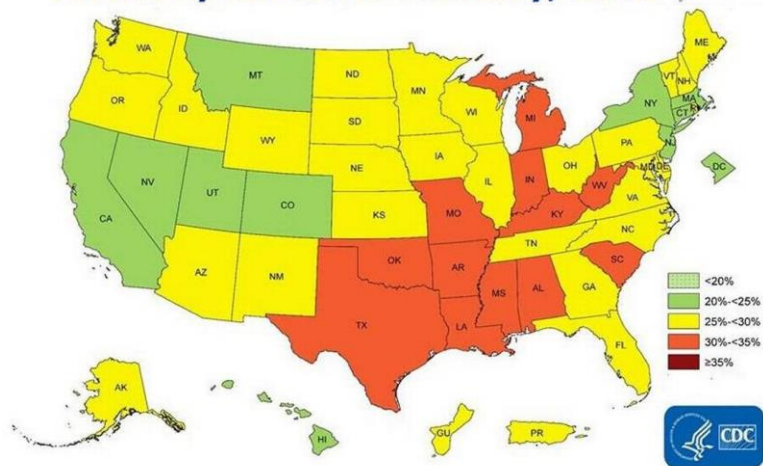
Consultant: Intercept, Clinical Area – NASH

Obesity: Impact of GI/Hepatology

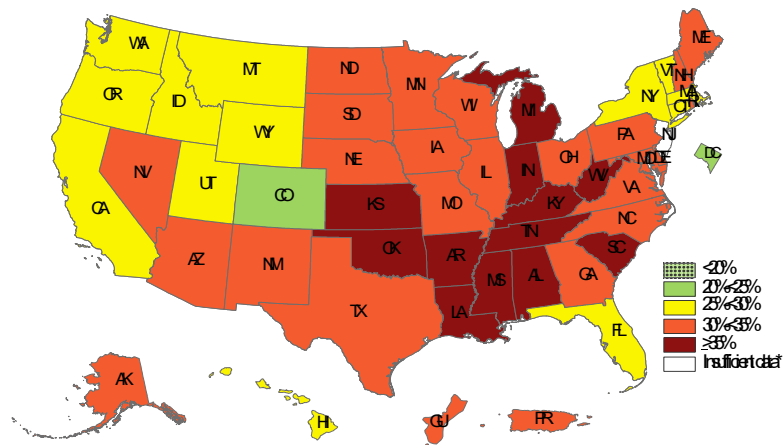
- **Objectives:**
 - Prevalence and epidemiology of obesity
 - Identifying GI disorders associated with obesity
 - GI/Hepatology role in patients with obesity

Prevalence of Obesity in the US

Prevalence of Self-Reported Obesity Among Adults by State and Territory, 2011



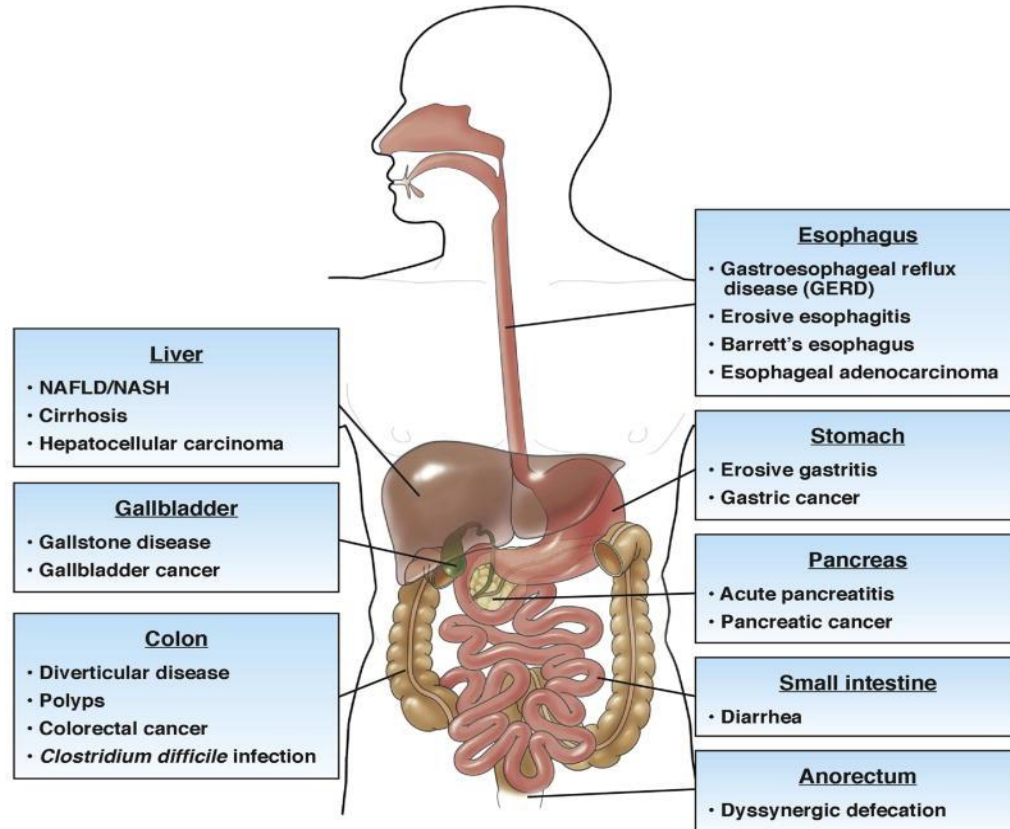
Prevalence of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2019



Obesity (BMI \geq 30) in the US

- Obesity has almost doubled over the past 30 years
- NAFLD is 4 times more prevalent in obese patients
- GERD-increased significantly in the past 20 years in parallel with increased prevalence of obesity
- Gallstone diseases-strong association with obesity
- Higher waist circumference = \uparrow risk of colorectal cancer
- Obesity is associated with more severe acute pancreatitis

GI/Hepatic Morbidity Associated with Obesity



NAFLD in the US



~24%
of Americans have NAFLD¹

~6.5% of Americans
develop NASH⁴

Among the most common
indications for liver
transplantation in the US²

#2
most common cause of HCC
in the US³

\$103 billion
estimated annual direct
costs of NAFLD²

1. Puri, P and Fuchs, M. *Federal Practitioner*, 2019.

2. Kwong, A, et al. OPTN/SRTR 2018 Annual Data Report: Liver

3. Younossi, et al. *Clin Gastroenterol and Hepatol* 2019;17:748–755

4. Younossi, ZM. *Liver Transplantation*, 2017.

Abbreviation:

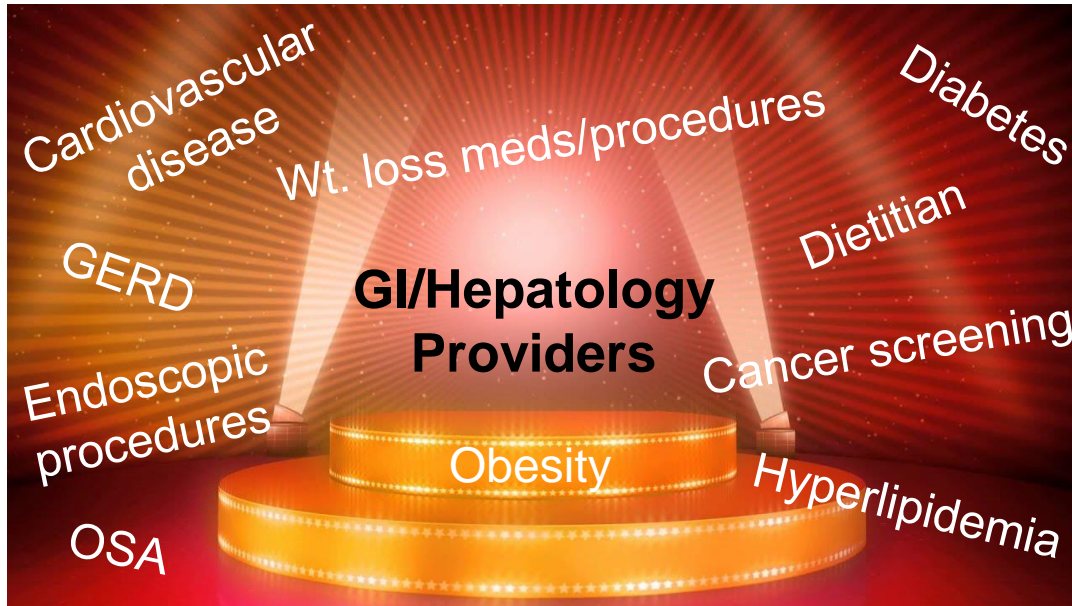
HCC, hepatocellular carcinoma

GERD and Obesity

- Leads to increased risk and management of
 - Erosive esophagitis
 - Barrett's esophagus
 - Esophageal adenocarcinoma

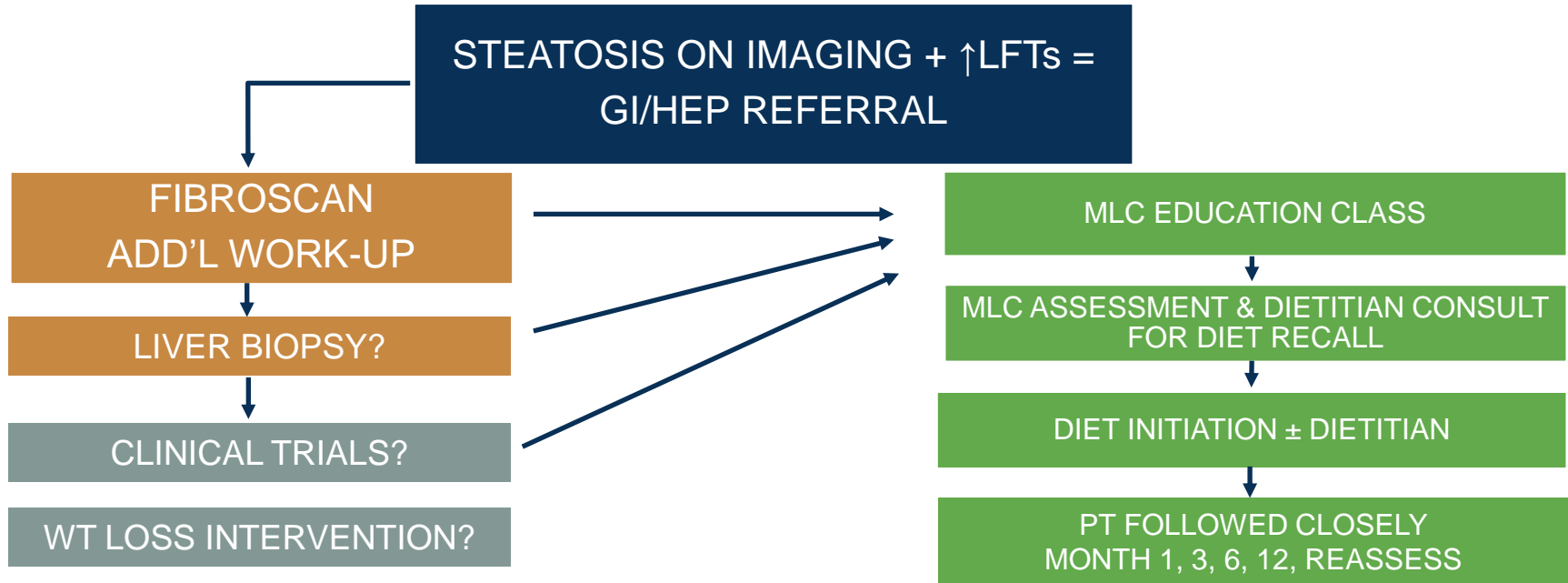
Obesity: Impact on GI/Hepatology

GI/Hepatology Providers Have Taken Center Stage



Abbreviation: OSA = obstructive sleep apnea

Obesity: Impact of GI/Hepatology (Example)



Obesity: Impact of GI/Hepatology

- GI/Hepatology providers have the burden of:
 - Evaluating patients with obesity and abnormal LFTs to determine NAFL vs. NASH vs. something else?
 - Discussing lifestyle modifications in order to achieve wt. loss (with or without a dietitian) in obese patients can be time consuming
 - Staying up to date with current medications for DM, hyperlipidemia, hypertension, etc.
 - Which promote weight loss vs. wt gain?

Obesity: Impact of GI/Hepatology

- Knowing when to send patients for wt loss procedures/surgeries
- Being aware that obesity increases the risk of several gastrointestinal disorders and cancers
 - Importance of screening and monitoring all patients



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Thank You!