



University of California
San Francisco

BRIDGE Session #2

Improving Outcomes in
Post-transplant MASLD
(NAFLD)



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Today's agenda

- **Check-in:** ~5 minutes
- **Didactic session (lecture):** ~20 minutes
- **Q&A on didactic:** ~5-10 minutes
- **Participation in activity**
- **1:1 with me:** ~20-30 minutes



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Check-ins

- Brief reflections from first session
 - What was one new fact you learned from the last session?
 - Since last session, how have your thoughts and mood influenced your health behaviors (or visa versa)?



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Environment, post-liver transplant experience

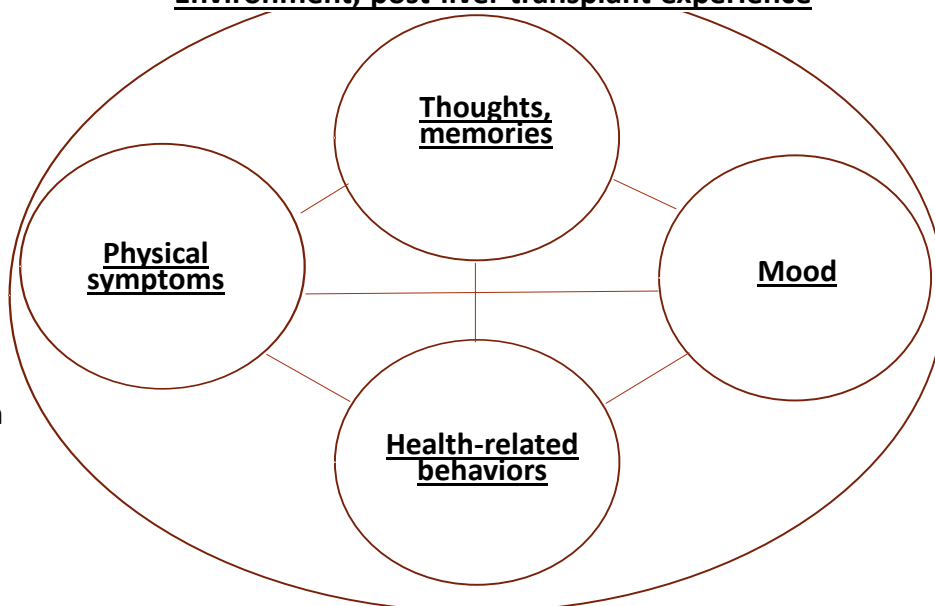
PAUSE.

NOTICE.

Hot thoughts?

CHOOSE.

Alternative thoughts based on evidence



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BRIDGE “ground rules”

Try your best to be on time



Encourage attendance at all 6 sessions-- no penalty for missed sessions



For Q&A: Please focus questions on behavioral aspects of liver health



During group discussion **Please provide support, not advice (unless asked)**

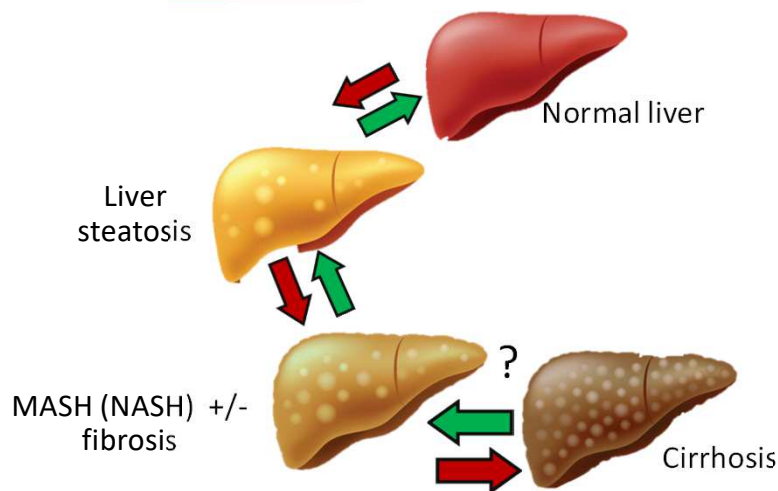


Participation by all members is encouraged
Mute during didactics



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MASLD is a dynamic disease



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What treatments are available that improve MASLD?



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What treatments are available that improve MASLD?



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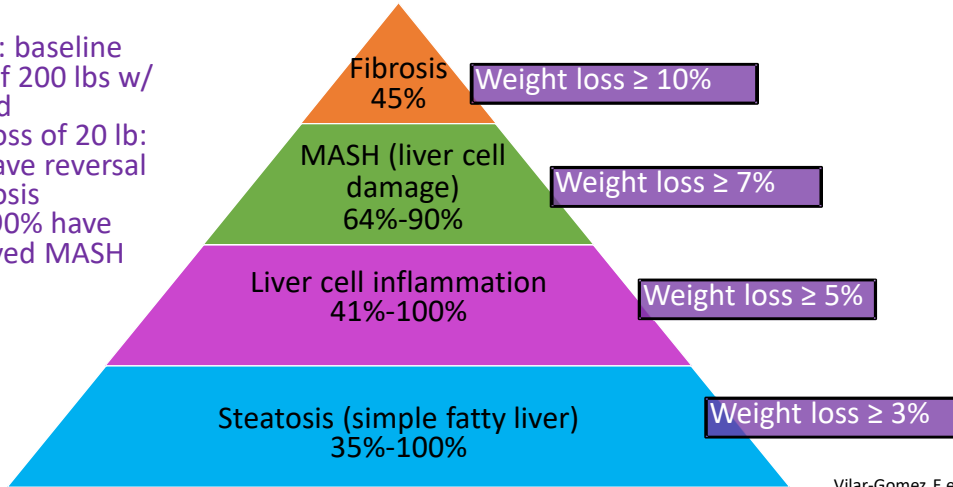
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Long-term weight loss leads to improvement in MASLD

Percentages people who had improvements in MASLD

Example: baseline weight of 200 lbs w/ sustained weight loss of 20 lb:
 • 45% have reversal of fibrosis
 • up to 90% have improved MASH



Vilar-Gomez E et al. Gastro, 2015

General Dietary/ Lifestyle Recommendations

Recommended

- Fresh fruits and vegetables
- nuts, seeds, legumes
- whole grains, rich in fiber
- Lean protein sources, fish



Recommended Activity

- mental well being management
- aerobic exercise: cardio, walking, running, swimming etc.
- resistance exercise
- reduce sedentary behavior - don't sit too much

Not recommended

- ALCOHOL



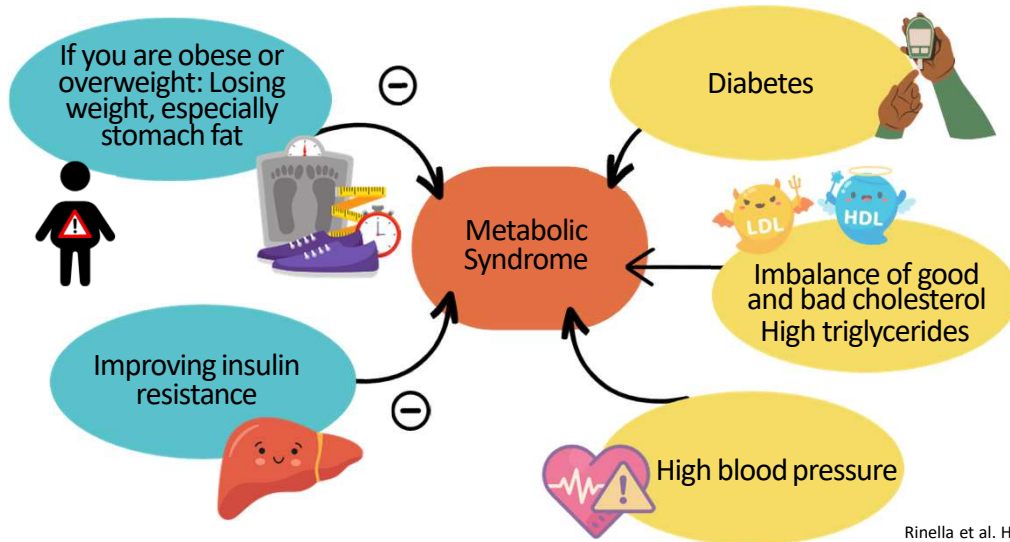
Minimize

- Ultra-processed foods
- Sugary foods and beverages
- Saturated fats



Francque et al. JHEP 2021

Lasting weight loss improves Metabolic Syndrome



Rinella et al. Hepatology 2023;
Arnett et al. J Am Coll Cardiol., 2019

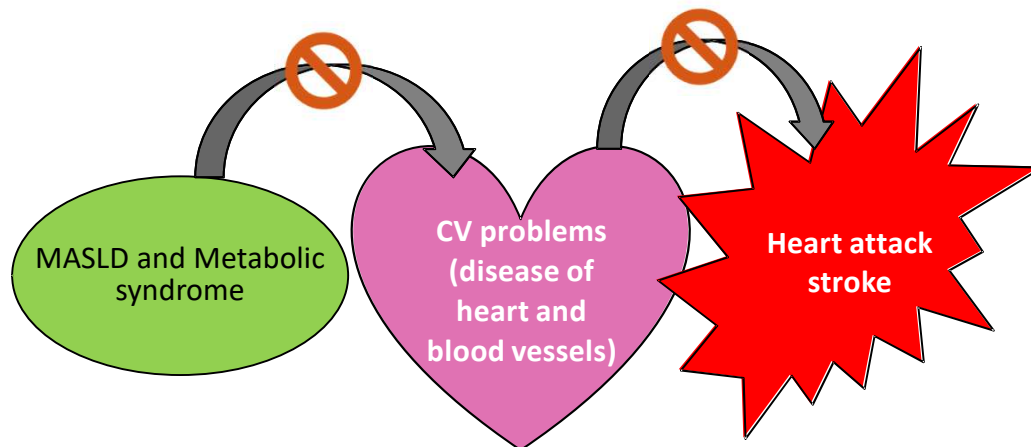
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Cardiovascular Disease(CVD) risk

CVD: #1 cause of illness and death in people with MASLD



Rinella et al. Hepatology, 2023

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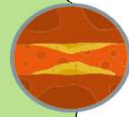
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Are treatments for metabolic syndrome safe for the liver?

Abnormal cholesterol/triglycerides:

- Statins are safe for use in liver disease and rarely associated with liver toxicity
- Statins improve cardiovascular outcomes, decreased all-cause mortality, and liver cancer



Diabetes

- Metformin can promote weight loss, may improve liver enzymes, possible anti-cancer effects
- Newer diabetes meds (SGLT2i or GLP-1RA) protect kidneys and improve CV outcomes, promote weight loss and may improve MASLD



Obesity

GLP1-RA (semaglutide or tirzepatide) have been associated with improved MASLD



Hypertension

- Aggressive management reduces risk for CVD



Rinella et al. Hepatology, 2023, Arnett et al. J Am Coll Cardiol., 2019

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Role of Weight Loss Surgery

Bariatric Surgery

- Eligibility: BMI ≥ 35 or BMI ≥ 30 + metabolic comorbidity (diabetes)
- Can be considered after liver transplant in consultation with transplant team
- Sleeve gastrectomy is preferred procedure after transplant
- Associated with improvement in MASLD and metabolic dysfunction

Eisenberg D et al. SOARD, 2022
Brandman D. Clin Liver Dis. 2020

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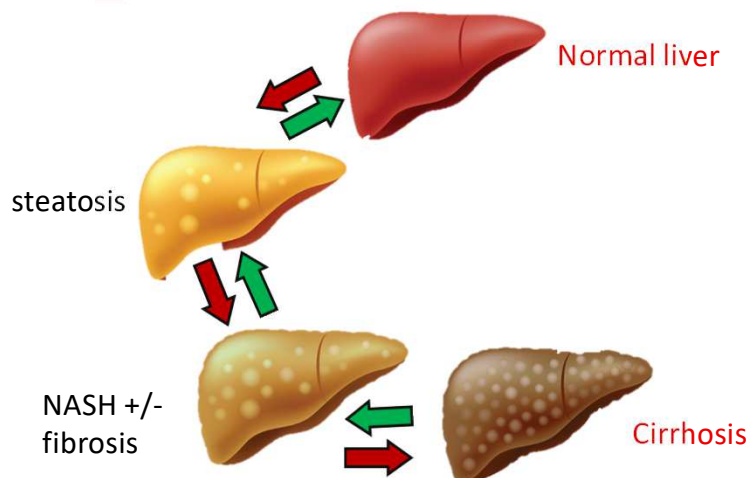
What about medications and research studies for MASH?

- Vitamin E is prescribed for MASH
 - Anti-oxidant that helps protect liver cells
- Several medications are currently being studied for MASH

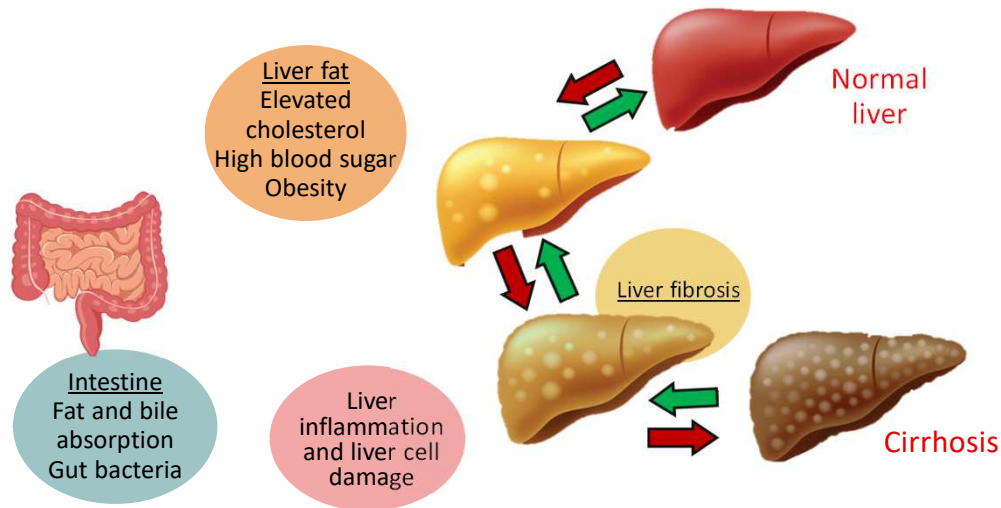


Sanyal A et al., NEJM 2010

complicated MASLD is a dynamic disease



complicated MASLD is a dynamic disease



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Medications used for MASH

- **Vitamin E (anti-oxidant that helps protect liver cells)**
- **Pioglitazone (insulin sensitizing medication)**
 - Used less frequently for MASH
- **FDA- approved medications for MASH stage 2-3 fibrosis without history of liver transplant:**
 - **Resmetirom (Rezdiffra)**- Clinical trial enrolling for liver transplant population
 - **Semaglutide (Wegovy)**- GLP-1's (semaglutide or tirzepatide) can safely be prescribed after transplant for other comorbid conditions (diabetes or obesity)



Harrison et al. NEJM 2024; Sanyal et al. NEJM 2025; Sanyal A et al., NEJM 2010

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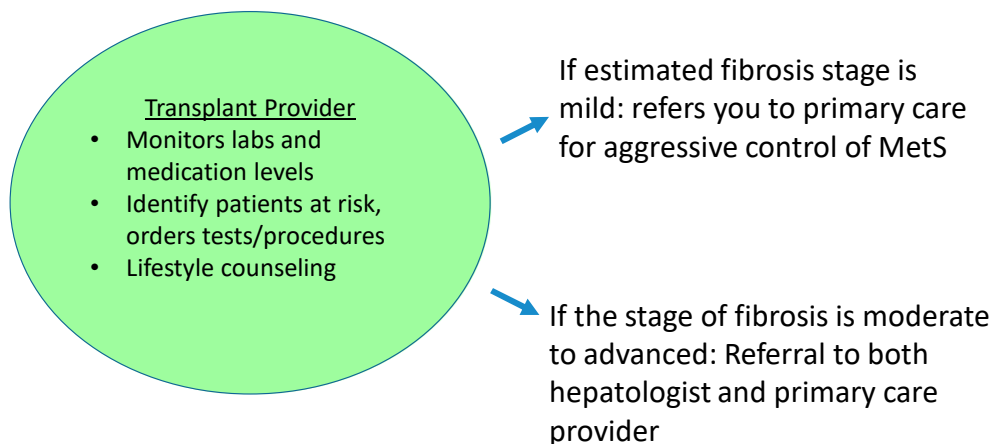
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MASLD: shared management between primary care and hepatology



MASLD: shared management



Adapted from Brandman, *CLD*, 2019.

MASLD: shared management

Hepatology Provider

- Confirms diagnosis
- Lifestyle counseling
- Monitors for complications in cirrhosis (if present)

Adapted from Brandman, *CLD*, 2019.

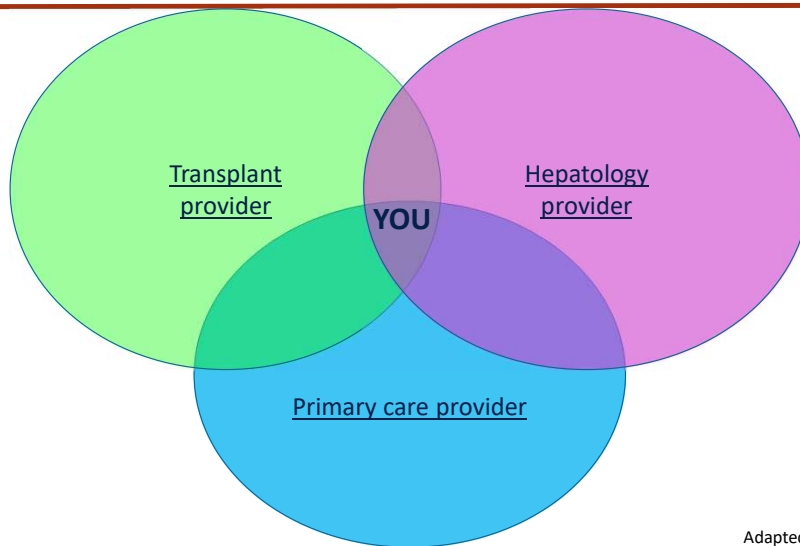
MASLD: shared management

Primary care provider

- Manage metabolic syndrome conditions or refer to specialists
- Lifestyle counseling

Adapted from Brandman, *CLD*, 2019.

MASLD: shared management You are essential part of it!



Adapted from Brandman, *CLD*, 2019.

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Summary

- Management of MASLD hinges on lifestyle changes for healthy eating and physical activity for a healthy weight
- Recommend aggressive management of metabolic syndrome conditions
- We rely on the collaboration with your other providers to control metabolic comorbidities to lower cardiovascular risk

You are an active participant in your liver management

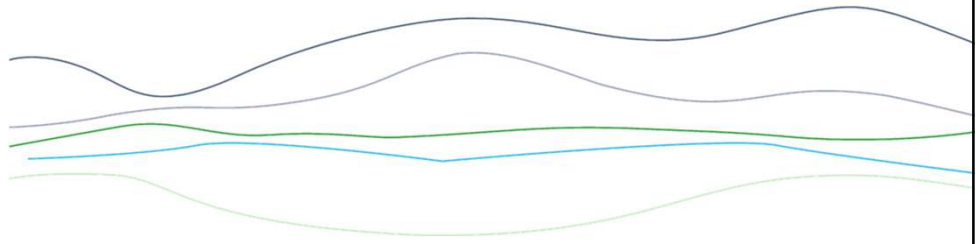
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Q&A



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Group discussion

Reflect on your past journey in weight management after liver transplant

Focus the conversation on:

- What worked/ what is working now?
- How did/does it feel?
- What hasn't worked, gotten you "stuck" or created barriers?



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Clarifying the values that drive our positive health habit goals

PAUSE.

NOTICE: My values*

“What matters most to me?”

“What gives my life meaning?”

CHOOSE:

- What health habits do I want to work on?
 - Dietary habits?
 - Physical activity?
 - Sleep habits?
 - Manage stress? (ie thinking patterns, self-compassion/asking for support from others)
- On a scale of 0-10, how important is it for me to start working on this?
- Use the **BRIDGE Goal Tracker** tool to help you break your goals down into smaller actionable steps.

- * Examples of values:
- Increase energy/vitality
 - Feel serene/at peace
 - Live longer or better
 - Travel/adventure
 - See kids grow
 - Be role model for others

BRIDGE Goal Tracker

Habit change goal Importance (scale of 0-10)	My Goal(s)*	What am I doing now	Possible Obstacles	Ways to overcome obstacles	My Challenges and Successes
Dietary habits ___ (0-10)	What: _____ Where: _____ When and how often: _____ How long or how much: _____ When will you start: _____				
Physical activity ___ (0-10)	What: _____ Where: _____ When and how often: _____ How long or how much: _____ When will you start: _____				
Sleep Habits ___ (0-10)	What: _____ Where: _____ When and how often: _____ How long or how much: _____ When will you start: _____				
Thinking patterns ___ (0-10)	What: _____ Where: _____ When and how often: _____ How long or how much: _____ When will you start: _____				
Social Support ___ (0-10)	What: _____ Where: _____ When and how often: _____ How long or how much: _____ When will you start: _____				



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