Tuesday December 18th, 2012

10.00am

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“Resveratrol in the management of obesity-related fatty liver disease: a randomized, double-blind, placebo-controlled clinical trial”

Hosts: Kristina Schoonjans and Johan Auwerx

Conference Room: AI 1153
EPFL - Lausanne

Abstract
We investigated the efficacy of nutraceutical resveratrol on hepatic and cardiometabolic dysregulation in 20 overweight/obese men with non-alcoholic fatty liver disease (NAFLD), randomized to either 3000mg resveratrol (1500mg b.d.) or placebo daily for 8 weeks.

Primary outcome: Peripheral insulin resistance, (euglycemic-hyperinsulinemic clamp).
Secondary outcomes: Hepatic triglycerides content and abdominal adipose tissue topography (magnetic resonance spectroscopy and imaging); plasma adiponectin (total and high molecular-weight); oxidative-stress and antioxidant capacity (isoprostanes, TAC, GPX, FRAP, SOD); inflammatory and liver biochemistry.

Conclusion: Despite demonstrated prevention of NAFLD in animal models, nutraceutical trans-resveratrol at this dosage, over 8 weeks, did not demonstrate apparent clinical benefit in patients with well established NAFLD.