

Docs sound liver warning for city

Pic: Sumati Vengkhom

Fat-Rich Food Behind Spurt In Disease

TIMES NEWS NETWORK

Kolkata: With doctors warning that fat-rich food and sedentary lifestyle lead to a spurt in liver diseases, it could even become the second most common ailment in the city, after diabetes in another 15 years. Surprisingly, Kolkata lacked a dedicated research facility for liver diseases but not any more.

A state-of-the-art laboratory was inaugurated at the Indian Institute of Liver and Digestive Sciences (IILDS), Sonarpur on Tuesday. The facility, promising to offer a cutting edge research in the field of liver diseases, was set up in association with MedGenome.

"In India, there's been a paradigm shift in the dynamics of liver disease. Every year, more than two lakh individuals die due to liver disease and around 10 lakh are diagnosed with liver cirrhosis. Liver and gastrointestinal illnesses are emerging

EYE ON **NON-ALCOHOLIC FATTY LIVER**



The genomics centre at IILDS is touted as India's first state-of-the-art laboratory to study fatty liver diseases

Non-alcoholic fatty liver disease

- Covers a range of liver conditions affecting people who drink little or no alcohol
- Mostly associated with

obese, urban and people with sedentary lifestyle

Symptoms

- Enlarged liver, fatigue & pain in the upper right abdomen

as major health-care priorities in India. The lab will provide much needed impetus to better understand and mitigate serious liver ailments," said Dr Abhijit Chowdhury, secretary of state Liver Foundation.

Non-alcoholic fatty liver disease (NAFLD) is the most common liver ailment that can lead to cirrhosis and hepatocellular carcinoma. Hence, there is a need to understand the disease better at the cellular level. The centre is touted to be the country's first lab to stu-

dy NAFLD in the Indian sub-continent and seek better understanding of cellular mechanisms involved in NAFLD's progression to fibrosis of liver.

"Technological innovation and improved understanding of human diseases are the two pillars of medical science advancement. We aim to build a centre of excellence for better diagnosis and treatment solutions for combating liver diseases," said Sam Santhosh, chairman and founder of MedGenome.