

Andy De Santis, RD, MPH

An Intro To Fatty Liver Disease

About the Speaker

Andy is a private practice dietitian and multi-time published author from Toronto, Canada who has been in private practice for a decade with a pivot towards Fatty Liver Disease in 2022. Through a combination of his writing and pursuit of knowledge translation via social media, Andy recognized the need for greater attention to be drawn to fatty liver disease - now known as MASLD - and the public health implications of bringing attention to its causes and remedies.

Session Description

This presentation will take you into the world of liver health to better understand what fatty liver disease, why it is so common, and what it means for public health at large. You'll learn a great deal about the role of the liver in human health and its interconnectedness with other parts of human physiology as well as which dietary, lifestyle and pharmaceutical strategies are most effective and why they work.

Learning Objectives

At the conclusion of this session, participants will be able to:

- Understanding the diagnosis and progression of fatty liver disease
- Understanding the unique nuances of liver health and their connection with the gut microbiome and other aspects of human physiology
- Understanding the dietary and lifestyle changes needed to resolve it