



## Real-world data support the use of essential phospholipids in non-alcoholic fatty liver disease

RESTORE was an observational, retrospective, non-interventional, cross-sectional survey collecting retrospective real-world data from a specific panel of physicians (gastroenterologists [GEs] and general practitioners [GPs]; >3 years experience).

### Compare GE and GP practices in:



Diagnosis



Assessment and management of non-alcoholic fatty liver disease (NAFLD) based on declarations.



Reflect actual outpatient practice of GEs in Poland.



**GEs**  
(n = 95)



**GPs**  
(n = 115)



**380**  
NAFLD medical records (provided by GEs)

### Most common symptoms of NAFLD as reported by GEs/GPs and as described by patients



Bloating

62%/57%



Weakening

33%/21%



Tiredness/  
fatigue

31% / -



Pain

28%/47%



Stomach-  
ache

- /26%



Feeling of  
fullness

24%/27%

Symptoms occurring very often were: abdominal discomfort, abdominal bloating, tiredness/fatigue, lack of energy and abdominal pain



- Only a few patients with NAFLD were asymptomatic: **11%** of patients from GE records
- GEs tend to relate general/less specific symptoms (fatigue, loss of energy) in NAFLD diagnosis

#### Ranking score<sup>a</sup> of criteria for treatment choice

	GEs	GPs
Efficacy	4.7	4.6
Tolerability	4.4	4.3
Improved QoL	4.4	4.3
Own experience with product	4.3	4.2
Treatment cost	3.7	3.7

<sup>a</sup>Physicians ranked each criterion using a scale of 1 (not relevant at all) to 5 (extremely relevant)

- Most important drug selection criteria were efficacy, tolerability and QoL improvement
- This explains the use of hepatoprotectants in NAFLD management while supporting the PROs (impact of NAFLD on QoL)

#### Ranking score<sup>a</sup> of tolerability of top 5 treatments

	GEs	GPs
Essential phospholipids	4.5	4.6
Silybinin/silymarin	4.4	4.4
Timonacic	4.4	4.3
Ornithine + choline	4.3	4.2
Ursodeoxycholic acid <sup>b</sup>	4.1	3.6

<sup>a</sup>Physicians ranked each treatment using a scale of 1 (not tolerated at all) to 5 (extremely well tolerated); <sup>b</sup>P<0.01 (Mann-Whitney U-test) for GEs vs GPs

- Essential phospholipids are among two highest rated hepatoprotectors for efficacy an improvement of QoL
- Essential phospholipids were the highest rated for tolerability by GEs and GPs

**Patients derive particular benefit if they take their medication long-term and at the recommended dosage.**