COMMENTS

Comment on Khan S P Khan, et al. (J Pak Med Assoc. 74: 1654-1658, September 2024)

Role of Oral Hypoglycaemic Drugs in Preventing Complications in Non-Alcoholic Fatty Liver Disease with Type 2 Diabetes Mellitus

Anas Babar

Dear Editor, I recently came across the paper "Role of Oral Hypoglycaemic Drugs in Preventing Complications in Non-Alcoholic Fatty Liver Disease with Type 2 Diabetes Mellitus" in your esteemed journal. The study effectively highlights the significance of empagliflozin and metformin in reducing fatty liver changes and liver enzymes in NAFLD patients with type 2 diabetes mellitus. Current data strongly supports empagliflozin, an SGLT2 inhibitor, in effectively managing blood glucose levels, reducing hepatic steatosis, and lowering cardiovascular risk among these patients[1].

Nevertheless, the study's restricted sample size and high patient dropout rate curtail the broad applicability of the findings. It would be advantageous to conduct larger, multicenter trials with extended follow-up periods to thoroughly investigate the sustained impact of these drugs on hepatic and metabolic outcomes. Such data would substantially enhance clinical guidelines for managing NAFLD in T2DM patients.

References

1. Zhang Y, Liu X, Zhang H, Wang X. Efficacy and Safety of Empagliflozin on Nonalcoholic Fatty Liver Disease: A Systematic Review and Meta-Analysis. Front Endocrinol (Lausanne). 2022;13:e836455. doi: 10.3389/fendo.2022.836455.

King Edward Medical University Lahore
Correspondence: Anas Babar. **Email:** babaranas20@gmail.com
ORCID ID: 0009-0009-2179-1300