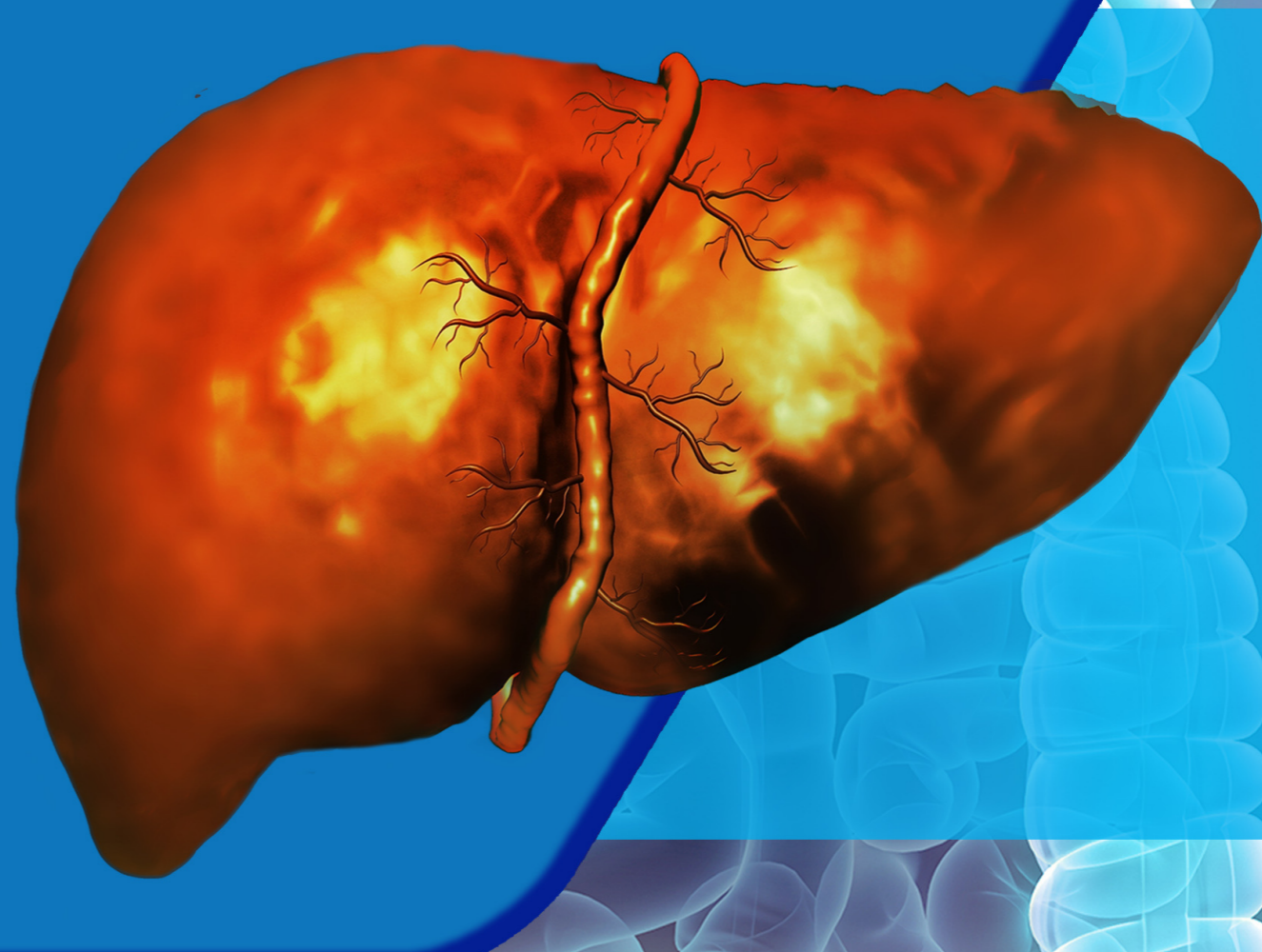
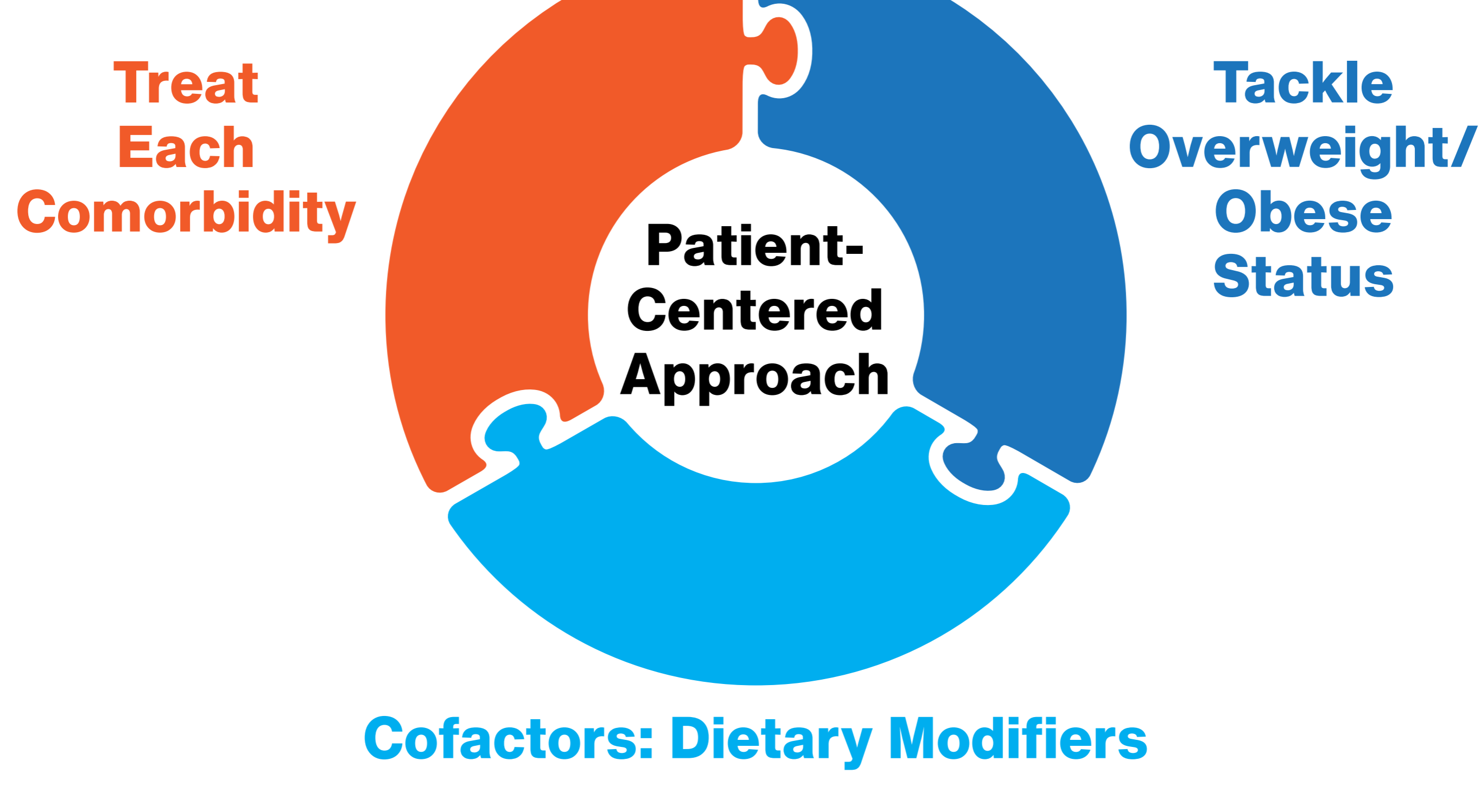


# Engaging Individuals With MASLD/MASH in Their Care



An FDA-approved medication that can benefit patients with MASH (NASH) is available. Successful treatment requires a patient-centered approach using shared decision-making to support long-term care. Here are several steps that can help patients along their journey.



## Recommend Lifestyle Modifications to Reduce Progression

### Tackle overweight/obese status



Diet



Exercise



Weight loss

### Modify diet



Stop smoking



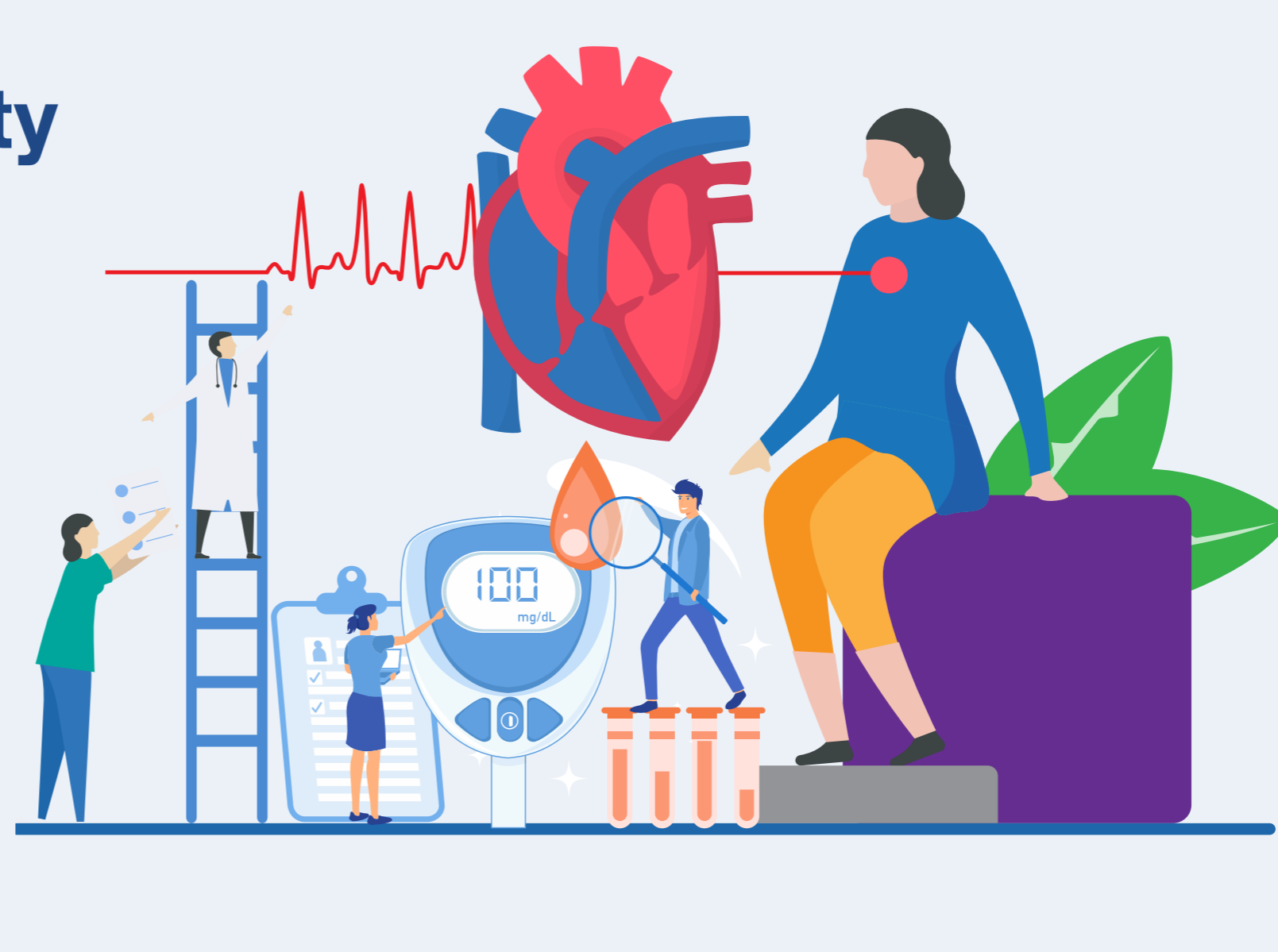
Avoid or limit alcohol and fructose



Drink 2-3 cups of black coffee daily

### Treat each comorbidity

- Obesity: GLP-1RA
- Diabetes: pioglitazone and/or GLP-1RA
- Dyslipidemia: statins
- Hypertension
- Sleep apnea



## Work With Patients to Set Goals for:



- Lifestyle modifications such as diet, exercise, and weight loss
- Treatment
  - Educate patients on expected treatment-related outcomes

## Endpoints

| Endpoints                            |   | Efficacy of Resmetirom <sup>a</sup> in MASH (NASH) |
|--------------------------------------|---|--|
| <b>Hepatic efficacy endpoints</b>    |   |  |
| <b>NASH resolution</b>               | Placebo-adjusted percentage of patients that achieve NASH resolution                | ● 30%  |
| <b>Fibrosis improvement</b>          | Placebo-adjusted percentage of patients that achieve fibrosis regression by 1 stage | ● 25%  |
| <b>MRI-PDFF</b>                      | Percentage of patients that achieve relative liver fat reduction by 30% or more     | ● 70%  |
| <b>ALT</b>                           | Percentage of patients that achieve reduction of ALT by 17 U/L or more              | ● Positive   |
| <b>Effects on metabolic syndrome</b> |   |  |
| <b>Weight</b>                        | Percentage change in total body weight  | ● Neutral  |
| <b>Dyslipidemia</b>                  | Effects of treatment on TG, HDL, and LDL cholesterol                                | ● Positive   |
| <b>Insulin resistance</b>            | Effects of treatment on A1C, fasting glucose, and HOMA-IR                           | ● Neutral  |
| <b>Effects on outcomes</b>           |   |  |
| <b>MALO</b>                          | Reduction in hepatic decompensation and liver-related deaths                        | ● No data  |
| <b>MACE</b>                          | Reduction in cardiac morbidity and mortality  | ● No data  |
| <b>Major AEs</b>                     |   |  |
|                                      | AE of special interest  | ● Tolerated  |

<sup>a</sup> Resmetirom is approved for the treatment of adults with noncirrhotic NASH with moderate to advanced liver fibrosis (consistent with stages F2 to F3 fibrosis) in conjunction with diet and exercise.

## Educate Patients About Treatment-Related Side Effects

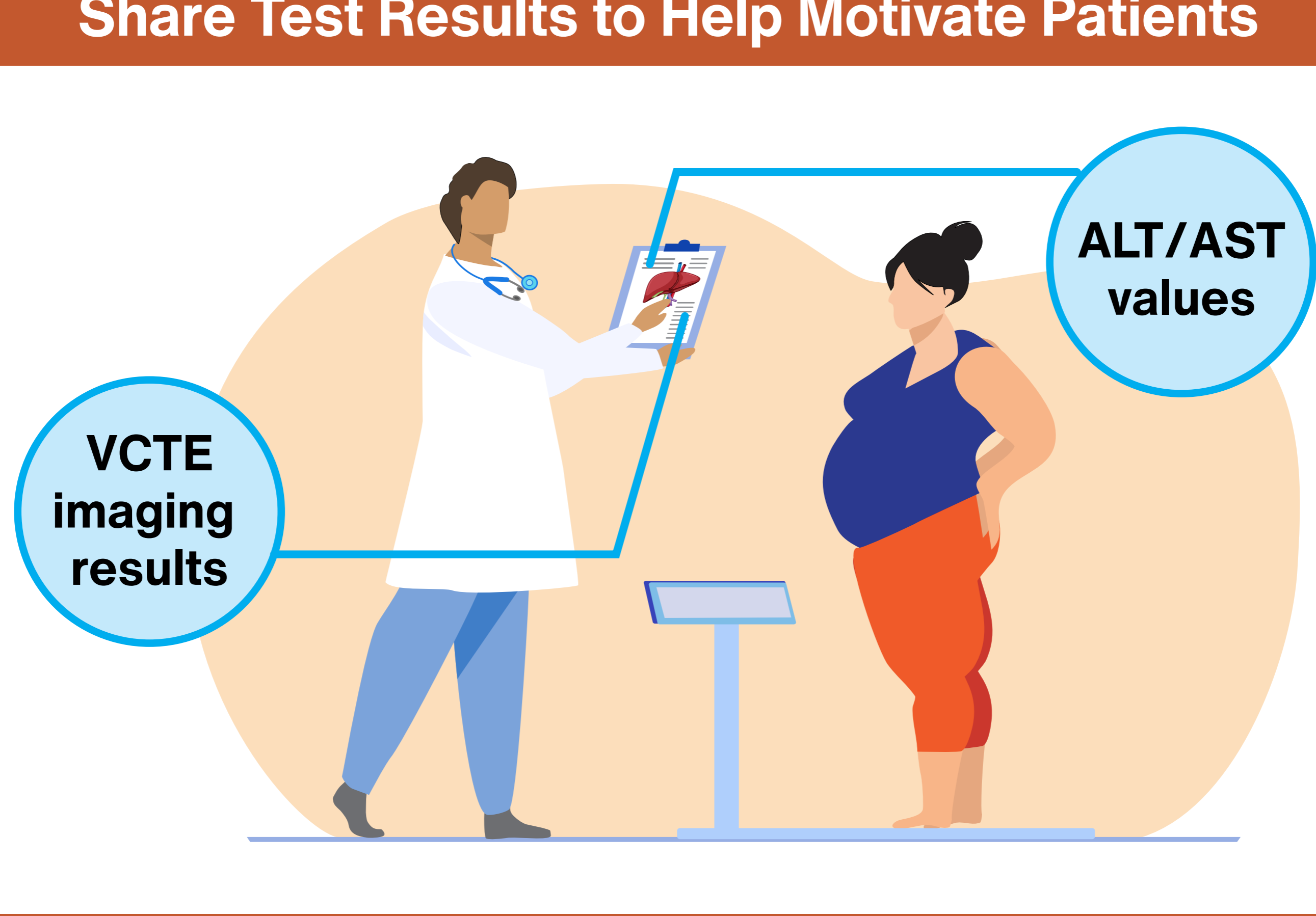


**THR-β agonists can initially cause diarrhea and nausea**

Symptoms typically resolve by 12 weeks

Provide support for side effects if necessary

## Share Test Results to Help Motivate Patients



## Use Shared Decision-Making for Long-Term Disease Management

### The SHARE Approach: 5 Essential Steps of Shared Decision Making

- 1 **S**EEK your patient's participation.
- 2 **H**ELP your patient explore & compare treatment options.
- 3 **A**SSESS your patient's values & preferences.
- 4 **R**EACH a decision with your patient.
- 5 **E**VALUATE your patient's decision.

#### Abbreviations

- A1c: glycosylated hemoglobin
- AE: adverse event
- ALT: alanine transaminase
- AST: aspartate aminotransferase
- FDA: US Food and Drug Administration
- FXR: farnesoid X receptor
- GI: gastrointestinal
- GLP-1RA: glucagon-like peptide receptor agonist
- HDL: high-density lipoprotein
- HOMA-IR: homeostatic model assessment for insulin resistance
- LDL: low-density lipoprotein
- MACE: major adverse cardiovascular events
- MALO: major adverse liver outcome
- MASH: metabolic dysfunction-associated steatohepatitis
- MASLD: metabolic dysfunction-associated steatotic liver disease
- MRI: magnetic resonance imaging
- NAFLD: nonalcoholic fatty liver disease
- NASH: nonalcoholic steatohepatitis
- PDFF: proton density fat fraction
- THR: thyrotoid hormone receptor
- TG: triglycerides
- VCTE: vibration-controlled transient elastography

#### References

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