

Something for the Pain – Season 3

Show Notes: Episode 22: Surveying Substance Use Disorder: Alcohol

Featuring: Elsbeth Jensen-Otsu, M.D., hepatologist and gastroenterologist, VA Medical Center, Boise

Didactic Presentation Details

- Didactic Presenter: Elsbeth Jensen-Otsu, M.D., hepatologist and gastroenterologist, VA Medical Center, Boise
- Didactic Presentation Title: “Alcohol-Related Liver Disease”
- Didactic Presentation Date: Feb. 28, 2022
- ECHO Idaho Series: Viral Hepatitis and Liver Care
- Didactic Presentation Video: <https://youtu.be/bt2hv6Enwk4>

Resources and Publications Mentioned

- ALD: Shorthand for “Alcohol Related Liver Disease”
- steatosis: excessive fat in the liver
- steatohepatitis: excessive fat in the liver with inflammation
- AUD: Alcohol Use Disorder
- BMI: Body Mass Index
- LFTs: Liver Function Tests
- AST: A blood test that measures the aspartate aminotransferase enzyme
- ALT: A blood test that measures the alanine aminotransferase enzyme
- STEMIs: ST-elevation myocardial infarction
- INR: international normalized ratio
- Tender hepatomegaly: enlarged liver
- Cholecystitis: inflammation of the gall bladder
- Spider angioma: enlarged blood vessels
- Maddrey’s Discriminant Function:
https://en.wikipedia.org/wiki/Modified_Maddrey%27s_discriminant_function
- MELD: Model for End-Stage Liver Disease
- STOPAH Trial: <https://www.nejm.org/doi/full/10.1056/NEJMoa1412278>
- “Indication of liver transplantation in severe alcoholic liver cirrhosis: quantitative evaluation and optimal timing”: <https://pubmed.ncbi.nlm.nih.gov/11804670/>
- “ESPEN Guidelines on Enteral Nutrition: Liver Disease”, Cabre et. Al:
https://www.espen.org/files/ESPEN-Guidelines/ESPEN_practical_guideline_Clinical_nutrition_in_liver_disease.pdf
- ASH: alcoholic steatohepatitis
- NASH: non-alcoholic steatohepatitis
- APRI: AST to Platelet Ratio Index

Speaking Credits:

- Narrator / Host: Sam Steffen, Digital Media/Communications Specialist, ECHO Idaho, Boise
- Speaker: Elsbeth Jensen-Otsu, M.D., gastroenterologist and hepatologist, VA Medical Center, Boise

- Speaker: Abby Davids, MD, MPH, AAHIVS, Associate Program Director, HIV & Viral Hepatitis Fellowship Director, Full Circle Health
- Speaker: Winslow Gerrish, PhD, Clinical Psychologist, Director of Behavioral Sciences, Research, and Grants, Full Circle Health, Boise
- Speaker: Ian Troesoyer, ECHO Idaho participant

Music Contributions:

- “ECHO Idaho Theme Song” written and performed by Sam Steffen
- Guitar instrumentals also provided by Sam Steffen