

Fatty Liver Inhibition of Progression

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Research Areas



Basic Research



Data-Sharing Enabler

At a Glance

- Status: **Completed Consortium**
- Year Launched: **2010**
- Initiating Organization: **European Commission Seventh Framework Programme (FP7)**
- Initiator Type: **Government**

Abstract

The Fatty Liver: Inhibition of Progression consortium (FLIP) aims to study the mechanisms of progression of liver disease in NAFLD to provide strategies for prevention and therapy. The project is based on the largest European cohort of patients with histologically diagnosed NAFLD, assembled with clinical and epidemiological data, and with biobanks of DNA, frozen liver tissue and serum. The consortium's efforts span all the steps of the disease for studying cellular mechanisms of progression, with a goal of answering key issues dealing with the interplay of metabolic, inflammatory and fibrotic factors in the initiation and perpetuation of liver injury.

Mission

The aim of the Fatty Liver Inhibition of Progression (FLIP) consortium is to understand and prevent the progression of liver disease in NAFLD. FLIP includes basic scientists and practicing clinical hepatologists whose interest are to better understand the underlying mechanisms and management of patients with NAFLD. FLIP aims to assemble the largest European cohort of patients with histologically diagnosed NAFLD with clinical and epidemiological data and with biobanks of DNA, frozen liver tissue and serum. This resource will be used in a wide range of collaborative inter-disciplinary research

projects aimed at addressing key unanswered questions related to the mechanisms and consequences of liver injury in NAFLD and the development of novel preventive and therapeutic strategies.

The main outcomes of FLIP will be new insights in the progression of liver disease in NAFLD in terms of initiating mechanisms and patients at risk, innovative diagnostic methods particularly adapted for large-scale screening and prognostic evaluation, improved implementation of lifestyle changes.

Financing

EU FP7

After 3.5 years of effort, the FLIP consortium was successful in achieving the main objectives of this ambitious project. Many research projects have been funded and completed, considerably increasing our knowledge in the field.

In terms of clinical work the three major projects helped: establish the largest European NAFLD cohort, the HCC Registry and the consensual and standardized histological classification for diagnosis and staging of NAFLD which are now ripe for multiple scientific analyses. Follow-up substudies of these projects are underway.

Basic research work provided new insight into the mechanisms of progression and determinants of disease severity. This sustained collaborative work resulted in the identification of novel epidemiological and genetic determinants for NAFLD both in adults and adolescents. Furthermore, the FLIP consortium allowed promising discoveries of the mechanisms of initiation and progression of NAFLD by unraveling and identifying metabolic, inflammatory and fibrotic factors some of which could be relevant pharmacological targets. For this purpose, multiple specific culture systems, new animal models and other specific biological tools were developed. The results of studies performed on dietary and lifestyle habits of NAFLD patients are accessible through “The high level Group on Nutrition and Physical Activity” and “the Diet, Physical Activity and Health –Eu platform for action”. Lifestyle and diet changes are a key success factor but also hard to implement and sustain. Therefore a priority of the FLIP consortium was to overcome this bottleneck of clinical practice by devising information and education web-based tools for the patients and the physicians. Importantly, specific studies have described and validated methods to identify obstacles to change and to assess the motivational status of patients, a major aspect of successful implementation of non-pharmacological therapies.

The FLIP consortium helped to lay the foundations for the future, large-scale collaborative research on NAFLD in Europe. The best demonstration that the project was successful is the fact that all members of the consortium are eager to continue this collaboration by creating a European Collaborative Research Network on NAFLD, which was not in existence before FLIP. New European centers of clinical excellence in this field are planning to join in this endeavor.

Homepage

<http://www.flip-fp7.eu/>

Sponsors & Partners

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