



SASLT

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NEWSLETTER

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Welcome to the SASLT Newsletter!



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The field of hepatology continues to advance, shaping the future of liver disease management and transplantation. This newsletter brings together key insights from recent events, expert discussions, and patient-centered approaches in liver health. From reflections on personal experiences with liver transplantation to scientific updates on chronic liver disease, fasting during Ramadan, and rare liver conditions like Alagille Syndrome, we highlight the latest developments that are transforming care for patients worldwide. The recent Best of The Liver Meeting 2025, a collaboration between AASLD and SASLT, further emphasized the importance of global partnerships in advancing hepatology research and clinical practice. This edition also features a comprehensive review on the impact of Ramadan fasting on patients with chronic liver disease and liver transplant recipients, providing practical guidelines for healthcare professionals. Additionally, we revisit a dedicated awareness event on Alagille Syndrome, shedding light on its clinical challenges and innovative treatment approaches. As the hepatology field evolves, these discussions serve as a guide for future research, collaboration, and improved patient outcomes.

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Arabic article

بسم الله الرحمن الرحيم

الحمد لله كاشف الضر ومثيب بالأجر ورافع القدر، القائل سبحانه
(والعصر إن الإنسان لفي خسر إلا الذين آمنوا وعملوا الصالحات وتواصوا بالحق وتواصوا بالصبر)
والقائل: (أمن يجيب المضطر إذا دعاه ويكشف السوء)

والصلاة والسلام على نبينا محمد القائل

(عَجِبًا لِأَمْرِ الْمُؤْمِنِ إِنَّ أَمْرَهُ كُلَّهُ لَهُ خَيْرٌ، وَلَيْسَ ذَلِكَ لِأَحَدٍ إِلَّا لِلْمُؤْمِنِ)
إِنْ أَصَابَتْهُ سَرَاءٌ شَكَرَ فَكَانَ خَيْرًا لَهُ، وَإِنْ أَصَابَتْهُ ضَرَاءٌ صَبَرَ فَكَانَ خَيْرًا لَهُ.) رواه مسلم

ونبينا محمد صلى الله عليه وسلم قدوة لنا وللناس أجمعين، فكان خير الشاكرين وخير الصابرين
ومن بعده أصحابه الأخيار رضي الله عنهم أجمعين فهم أيضا من الشاكرين والصابرين
والحمد لله من الله علي بالشفاء والعافية، بعد إجراء عملية زراعة للكبد في مستشفى الملك فيصل
التخصصي بالرياض، وبعد مراجعات عديدة تقرر فيها أن إجراء العملية أمر لازم، فسارع الأخيار بالتسابق
للتبرع لي بجزء من الكبد للزراعة، وتم الاختيار ممن هي أقرب إلى الاشتراطات الصحية لديهم فلها منا
الدعاء ومن الله المثوبة وحازو بالفضل والسبق والأجر، قال تعالى: (ومن أحيها فكأنما أحيها الناس جميعا)
فلهم مني وأبنائي وأسرتي الدعاء والتقدير الأوفى

ولا أنسى متابعة رئيس قسم الكبد حينها وزملائه في القسم على حسن المتابعة قبل وأثناء وبعد
إجراء العملية وحتى الآن، فلهم مني وأسرتي الشكر والتقدير الجم، ويتوج ذلك الشكر والدعاء لولادة الأمر
وفقههم الله لكل خير حيث وجهوا بالعلاج في المستشفى الرفيع المستوى بين المستشفيات
والمصحات العالمية والمتميز بكوادره السعودية والعالمية في مختلف التخصصات والمجالات الصحية
فجزى الله الجميع خير الجزاء على ما قامو به ويقومون به مع جميع المرضى، والشكر لأسرتي وأبنائي على
ما قامو به من حسن رعاية ومتابعة لا تنسى فلم منا الدعاء وكل من وقف في جانبي واهتم بشأني
ورساتي لإخواني الأطباء والمراجعين والمرضى أوجزها بما يلي

1- بحمد الله وشكره على كل حال

2- الإخلاص لله بالدعاء والقول والعمل

3- حسن النية وأهميتها في نجاح كل شي

4- بالصبر لنيل الأجر

5- بفهم الشرع المطهر فيما يخص المرضى في عباداتهم

6- الأخذ بالقواعد الفقهية وفهمها

7- الأخذ بالأسباب الشرعية اللازمة

8- أهمية الأذكار الشرعية والأخذ بها

9- الأخذ بالتيشير ورفع الحرج

10- معرفة أن الضرورات تبيح المحضورات

11- الضرورة تقدر بقدرها

12- اليقين لا يزول بالشك

13- المشقة تجلب التيسير

14- ارتكاب أخف الضررين

15- الضرر يزال قدر الإمكان

قال الناظم رحمه الله: (والنية شرط لسائر العمل

بها الصلاح والفساد للعمل

فالدين مبني على المصالح

في جلبها والدرء للقبائح)

ومقاصد الشرائع السماوية كلها وأساسها واحد، واتفقت على قواعد كلية تسمى بالضروريات الخمس، وهي

1- حفظ الدين

2- حفظ النفس

3- حفظ العقل

4- حفظ المال

5- حفظ النسل والعرض

وهذه الخمس تلامس العمليات الجراحية خاصة الكبرى منها

وأهتف بالدعاء لي ولمرضانا ومرضى المسلمين أجمعين بأن لا يشقوا على أنفسهم في أشياء قد تضرهم

فالحمد لله على هذا الدين القيم فالمرض والسفر له رخصة في الصلاة والصيام والطهارة

قال تعالى: (فمن كان منكم مريضا أو على سفر فعدة من أيام أخر)

والمقصود أن الدين يسر فيما لا يطيقه أو يقدر عليه المسلم دون تساهل فيما يستطيعه

وكذلك النسيان والجهل والعسر وعموم البلوى، قال تعالى: (وما جعل عليكم في الدين من حرج)

والأدلة كثيرة في هذا الباب

وفقنا الله وإياكم وولادة أمرنا وجميع المسلمين لما يجب ويرضى

وصلى الله وسلم على نبينا محمد وعلى آله وصحبه أجمعين



إبراهيم بن إبراهيم التركي

المدرس بالمسجد النبوي بالمدينة المنورة



Dr. Saleh Alghsoon

Transplant Hepatology Fellow
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Medical providers caring for Muslim patients with chronic liver disease (CLD) or those who have undergone liver transplantation should adopt a structured approach when advising patients on fasting during the holy month of Ramadan. Proper evaluation and guidance can help ensure a safe fasting experience. This article will provide considerations for both chronic liver disease and liver transplant patients.

Chronic Liver Disease and Ramadan

Several studies have evaluated the safety of fasting in patients with chronic liver disease. Generally, individuals with stable liver disease, regardless of stage, who have stable kidney function and electrolyte levels can fast safely. Research has also highlighted the potential benefits of intermittent fasting in patients with metabolic-associated steatotic liver disease (MASLD), which should translate to Ramadan fasting

For patients with cirrhosis, fasting safety is stratified by disease severity:

● **Compensated Cirrhosis (MELD <15, Child-Pugh A):**

Studies suggest that patients with stable compensated cirrhosis can safely fast. However, this should be approached cautiously, with close monitoring.

● **Child-Pugh B Cirrhosis:**

The risks of fasting may outweigh the benefits, particularly those with ascites, hepatic encephalopathy, or chronic kidney disease (CKD). A study by Elnadry et al. reported a 13% progression to Child-Pugh C during Ramadan, with an increase to 32.6% after Ramadan.

● **Child-Pugh C Cirrhosis (MELD >15):**

Fasting for more than four hours poses a significant risk of decompensation, including ascites, acute kidney injury (AKI), electrolyte imbalances, and even acute-on-chronic liver failure (ACLF) with worsening bilirubin and coagulopathy.



For patients with advanced fibrosis (F3 or higher), counseling on dietary habits during the non-fasting hours (Maghrib to Fajr) is essential. Recommendations include:

- Consuming at least **3 liters of fluids** unless medically contraindicated.
- Minimizing high-fat, high-carbohydrate, and **high-sodium** foods.
- Dividing meals into **smaller portions every 3–4 hours** instead of consuming large meals in breakfast and suhoor.
- Limiting caffeine intake.
- Reducing physical activity during fasting hours and avoiding strenuous exertion.
- Encouraging patients to **break their fast if they experience mental foginess or lightheadedness**

Additionally, patients should be educated on the early signs of decompensation and provided with resources to help recognize complications. Stricter recommendations may be necessary when Ramadan falls during the summer months due to increased dehydration risks.

Liver Transplant Patients and Ramadan

Fasting recommendations for liver transplant recipients depend largely on the time elapsed since transplantation and overall health status.

Early Post-Transplant (First year): Fasting is not recommended due to the physiologic stress of recovery, high-dose immunosuppression, and the risk of dehydration, infections, and metabolic disturbances.

Stable Post-Transplant Patients: Those beyond the initial recovery phase, with stable graft function, preserved kidney function, and no ascites, may cautiously consider fasting with close monitoring.

Key considerations for transplant recipients include:

Immunosuppression Management: Patients should be counseled on timing their medications around fasting hours, as changes in diet and feeding schedules can influence drug pharmacokinetics and pharmacodynamics. Regular monitoring of immunosuppression drug levels is crucial.

Hydration and Electrolyte Balance: Close monitoring of kidney function and electrolytes is essential to detect early complications. This can be done once weekly.

Education on Warning Signs: Patients should be educated on dehydration symptoms, hypoglycemia, and other potential complications. They should be instructed to break their fast immediately if they experience concerning symptoms and should be provided with clear guidelines on when to seek medical attention. By following a structured and individualized approach, healthcare providers can help ensure a safe fasting experience for patients with chronic liver disease or liver transplants while respecting their religious commitments.

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RARE RAISE; Raising Awareness for Alagille Syndrome: A Night of Science, Collaboration, and Innovation



Dr. Razan Bader

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On January 24, in recognition of National Alagille Disease Awareness Day, we conducted a special awareness event under the umbrella of SASLT in collaboration with IPSEN to shed light on **Alagille Syndrome (ALGS)**—a rare, multisystem genetic disorder that primarily affects the liver, heart, and skeletal system. This event aimed to raise awareness, address clinical challenges, and explore cutting-edge advancements in the management of **cholestatic pruritus**, one of the most debilitating symptoms faced by ALGS patients.

The evening brought together experts in the field of pediatric hepatology and liver transplantation, with insightful discussions

Dr. Ashraf AlSahafi began with an overview of the clinical presentation of Alagille Syndrome and the key indications for referring patients to specialized care. He highlighted the significant utilization of healthcare resources by these patients and emphasized the importance of a multidisciplinary approach in their management of patients with Alagille.

Dr. Mohammed Ayoub provided a comprehensive review of this syndrome, focusing on its genetic foundation and the role of JAG1 and NOTCH2 gene mutations. He explored the wide spectrum of clinical presentations and the absence of a clear genotype-phenotype correlation. Additionally, he discussed the latest EASL clinical practice guidelines on genetic cholestatic liver disease

Dr. Razan Bader led an interactive workshop that provided participants with firsthand insight into the daily challenges faced by patients with Alagille Syndrome. The session also focused on the practical integration of IBAT inhibitors into clinical practice, enhancing understanding of their role in patient management

Sa'ad's story was a highlight of the night, showcasing the resilience of a young boy with Alagille Syndrome through an innovative hologram that allowed him to virtually engage with the audience. This interactive approach brought a deeply personal element to the discussion, bridging the gap between medical science and patient experience in a way that left a lasting impact on attendees.

The event also featured evidence-based insights from randomized controlled trials, sparking discussions among pediatric gastroenterologists, hepatologists, and liver transplant specialists. It reinforced the importance of early diagnosis, precision medicine, and patient-centered care in managing rare liver diseases. Beyond the scientific discourse, it provided a valuable platform for networking, collaboration, and inspiring future research



Recap of the Best of The Liver Meeting (TLM): AASLD and SASLT Conference 2025



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The Best of The Liver Meeting: AASLD and SASLT Conference, held on January 10-11, 2025, at the Marriott Hotel Diplomatic Quarter in Riyadh, Saudi Arabia, brought together medical professionals from various countries, including the USA, Bahrain, Egypt, India, UAE, Qatar, Morocco, Spain, Kuwait, Turkey, and Saudi Arabia. This two-day event was a major success, offering a platform for leading experts, researchers, and healthcare professionals to discuss the latest advancements in hepatology, and fostering collaboration to

Bringing Global Insights to the Heart of the Middle East

Inspired by The Liver Meeting 2024, hosted by the American Association for the Study of Liver Diseases (AASLD) in San Diego, USA, the conference provided attendees with a unique opportunity to explore the most significant breakthroughs in the field of hepatology. It effectively bridged the gap between international and local expertise, bringing the latest global insights directly to the Middle East.


The event provided a comprehensive overview of emerging therapeutic options, clinical studies, and innovative technologies that are transforming liver disease management. By drawing on the expertise of professionals from around the world, the conference aimed to shape the future of hepatology both regionally and globally. Throughout the conference, attendees were presented with a series of impactful presentations and discussions led by internationally recognized experts in hepatology. The sessions covered a broad range of topics, from novel treatments and clinical trials to new perspectives on liver disease pathogenesis.

Highlights included sessions on breakthrough treatments for liver diseases, emerging diagnostic tools, and ongoing clinical studies that are expected to shape the future of hepatology. These expert-led discussions provided attendees with valuable insights into the rapidly evolving landscape of liver disease care and equipped them with the knowledge to apply these advancements in their own clinical practices.

Interactive Discussions and Networking Opportunities

One of the key features of the event was the interactive sessions and panel discussions, which allowed for open dialogue between experts and attendees. These sessions provided an opportunity for participants to ask questions, share experiences, and engage in discussions about real-world challenges and solutions in hepatology.

The conference also provided excellent networking opportunities, with professionals from across the globe coming together to collaborate and exchange ideas. The diverse group of attendees had the chance to build meaningful connections and share expertise, furthering the global effort to advance liver disease research and improve patient outcomes



This event highlighted the power of collaboration, with professionals from various regions and backgrounds coming together to discuss the challenges and opportunities in the fight against liver diseases. The knowledge shared, the discussions held, and the connections made will undoubtedly contribute to ongoing efforts to improve the lives of patients affected by liver diseases worldwide.

As the conference came to a close, there was a palpable sense of optimism about the future of liver disease research and clinical practice. The insights gained, the partnerships formed, and the knowledge exchanged will continue to have a lasting impact on the field. Attendees left the event feeling inspired and equipped with new knowledge to carry forward in their work.

The organizing committee extends heartfelt thanks to all speakers, sponsors, and participants for their dedication and support. Their contributions were crucial to the success of the event and the ongoing efforts to combat liver disease on a global scale.

Conclusion

The Best of TLM: AASLD and SASLT Conference 2025 was a resounding success in bringing together 180 medical professionals from across the globe to share knowledge, collaborate, and advance the field of hepatology. The conference not only provided a platform for discussing the latest developments in liver disease research but also played a pivotal role in shaping the future of patient care. With continued collaboration and shared commitment, the future of hepatology is brighter than ever.





SASLT

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Saudi Society for the Study of Liver Disease
and Transplantation

الجمعية تحت إشراف



الهيئة السعودية للتخصصات الصحية
Saudi Commission for Health Specialties

2025