Liver diseases are often underestimated despite being quite common and potentially having serious and even life-threatening consequences, especially in chronic cases. The most common causes of liver diseases are hepatitis viruses, excessive alcohol consumption, and obesity; congenital or autoimmune liver diseases are quite rare. Thanks to advances in medical research, diseases such as hepatitis B and C can be treated effectively. Fewer advances have been made in finding treatments for other diseases, particularly liver cancer.

Since the liver plays a major role in the metabolism and in metabolic detoxification, it is exposed to a large number of harmful substances and pathogens. Although the liver cells (hepatocytes) have enormous regenerative capacity, strong toxins, long-term exposure to harmful substances and chronic viral infection can nevertheless lead to permanent damage to the hepatocytes and to cirrhosis, which is the irreversible replacement of healthy tissue by scar tissue (fibrosis). Patients with cirrhosis are at a high risk of developing liver cancer (hepatocellular carcinoma, HCC), which is the most common and most malignant type of liver cancer. HCC is one of the most common fatal tumours. It used to be a relatively rare type of cancer, but its incidence has more than doubled over the last decades.

Viral liver inflammation and liver cancer

Chronic alcohol consumption and chronic inflammation caused by hepatitis viruses (hepatitis B, C and D) are the major causes of liver cirrhosis and liver cancer (with or without previous cirrhosis). In recent years, the study of the molecular mechanisms of these liver diseases has made huge progress, which has enabled the development of therapies for treating virus-induced inflammations of the liver. However, this is not the case for liver cancer, which, according to Prof. Dr.
Acquired and congenital metabolic diseases of the liver

Fatty liver disease, which is not caused by viruses, has become common in industrial countries, affecting up to 20 percent of the adult population. Fatty liver disease can be due to many causes, but is commonly associated with excessive alcohol consumption, obesity, eating incorrectly or too much food, and lack of physical exercise. Left untreated, chronic non-alcoholic steatohepatitis (NASH) progresses into cirrhosis and liver cancer.

Reducing calorie intake or eating a balanced diet is often not enough to solve the problem. Effective drugs are unavailable, at least for the time being. However, over the past few years, researchers have come up with a number of promising therapies, including a bile acid-phospholipid compound. The biotech company Phenex from Heidelberg has developed drugs for treating NASH and other metabolic diseases of the liver that target the nuclear receptor FRX (Farnesoid X receptor). This receptor plays a key role in the regulation of the gall acid, lipid and carbohydrate metabolism. In January 2015, Phenex sold its FRX programme to the biopharmaceutical company Gilead Sciences who will advance the development of the compound into clinical development.

Congenital metabolic disorders such Wilson’s disease, a recessive disease in which copper accumulates in tissue, are relatively rare but pose particular challenges. Sufferers must take drugs for life; in some cases, a liver transplant is the only way to save someone’s life. New markers as early indicators that a particular medical therapy does not work are currently being tested at the Heidelberg University Hospital, which houses the largest centre for investigating and treating Wilson’s disease in Europe.

Urea cycle defects are severe, life-threatening metabolic disorders for which liver transplants are the only life-saving therapy available. However, this type of treatment is unsuitable for newborns. The biotech company Cytønet has developed a liver cell therapy that can compensate the defect while a child is waiting for a transplant (see article entitled “Liver cell transplantation for the treatment of innate urea cycle defects”). The procedure is already undergoing clinical testing and the eventual aim is to place the procedure on the market. Cytønet’s liver cell suspension has already been used to successfully treat adults with acute liver failure. Such new regenerative medicine approaches could potentially replace liver transplants, if not completely, then at least during the time a person is waiting for a transplant.