

Effects of Two Different Exercise Programs and Diet in Obese Subjects With NAFLD

NCT06186869

Status	RECRUITING
Phase	Not Applicable
Sponsor	Azienda Ospedaliera Specializzata in Gastroenterologia Saverio de Bellis
Enrollment	90 participants

Key Eligibility Criteria

Inclusion (7)

- BMI \geq 30 kg/m² or an abdominal circumference (waist) \geq 94 cm in men and \geq 80 cm in women (IDF criteria for the definition of abdominal obesity) with or without the characteristics that characterise metabolic syndrome
- Age range 18-65 years, both sexes
- Diagnosis of hepatic steatosis, formulated on the basis of recognised criteria (fibroscan (CAP (controlled attenuation parameter) \geq 238 dB/m)).
- Pregnancy or breastfeeding
- Subjects with osteoarticular pathologies that may prevent regular exercise
- ... and 2 more (see full listing online)

Exclusion (1)

- Normal and underweight subjects

Locations (1 total)

IRCCS De Bellis, Castellana Grotte, Bari, Italy