

Masterclasses

M10.1**Traditional Chinese Medicine Induced Liver Toxicity****09:00 Convention Hall A****Liver Toxicity from Traditional Chinese Medication: A Diagnostic Challenge**

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Drug-related liver toxicity results in significant morbidity and mortality, and is a leading cause of acute liver failure worldwide. While the risk of liver toxicity is well described for different medications in use in Hong Kong, the risk of liver derangement from traditional Chinese medications (TCM) is less well-defined.

TCM-related liver derangement is common and comprises approximately 25% of acute hepatitis cases in Hong Kong. More than 100 TCMs have been reported to be hepatotoxic in the medical literature, but large variations exist in the severity and consistency of liver derangement. Nonetheless, TCM-related liver derangement remains a diagnostic challenge due to many reasons. TCMs have many forms of prescription and are seldom prescribed individually. They can also be prescribed in tablet or capsule form (中成藥), which sometimes combines multiple TCMs or even Western medications together. The production quality of TCM could influence the degree of liver derangement. TCMs are most dangerous when taken in combination with Western medications as the majority of such drug-drug interactions have not been described in medical literature.

The diagnosis of TCM-related liver derangement requires meticulous history taking. There could be extra-hepatic clinical manifestations. While TCM-related liver derangement could be clinically silent, severe cases could result in acute liver failure requiring liver transplantation. Serial measurements of liver biochemistry would indicate the severity and prognosis of TCM-related derangement. Even after withdrawal of culprit TCM, normalisation of liver biochemistry could be prolonged, sometimes taking weeks or months for recovery.