



National Hospital Organization (NHO)

**Nagasaki Medical Center**

Department of Hepatology, Nagasaki University Graduate School of Biomedical Sciences

January 29th, 2024

Review for the doctoral dissertation of Balnur Sultanova on the topic "Improving the health care of patients with non-alcoholic fatty liver disease (NAFLD) and diabetes mellitus type 2 (T2DM)." for the degree of Doctor of Philosophy (PhD) in the specialty 6D110200 "Public Health."

I am pleased to provide a comprehensive review of Balnur Sultanova's doctoral thesis, centered on the pivotal theme of enhancing the diagnosis of non-alcoholic fatty liver disease (NAFLD) in patients with type 2 diabetes mellitus (T2DM). As a Balnur Sultanova's overseas academic mentor, I have had the privilege of supervising her meticulous study, spanning a considerable period. It is with utmost confidence and enthusiasm that I hereby recommend her as a candidate for doctorateship at her pre-defense.

Balnur Sultanova's commitment to exploring the clinical association between NAFLD and T2DM has been exemplary. Her extensive research, including an academic visit to NHO Nagasaki Medical Center in Japan, showcases her dedication to advancing our understanding of the intricate relationship between these prevalent health conditions. As her academic mentor, I have closely observed her engagement, steady progress, and the ultimate accomplishment of her thesis.

The thesis, beyond its academic merit, makes a significant contribution to the development of public health strategies. The research data and implementation strategies outlined, including the establishment of a registry and model for NAFLD in patients with T2DM, hold immense potential for monitoring the disease and preventing associated liver complications. The proposed registry and model represent valuable tools for healthcare practitioners and policymakers alike.

In conclusion, it is my distinct honor to recommend Balnur Sultanova as a qualified scholar for doctorateship at her defense. Her thesis not only advances our understanding of NAFLD in the context of T2DM but also presents practical applications that can positively impact public health. I am confident that her research will contribute significantly to the field and garner well-deserved recognition.

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