

## POST DDW 2009 LECTURE HIGHLIGHTS

### **Controversies of the Esophagus**

- While epidemiological studies show an association between PPI use and increased risk of bone fractures, the mechanism is unclear and does not appear to be related to osteoporosis as detected on DEXA
- NBI use in Barrett's esophagus increases the yield of neoplasia compared to standard as well as high definition white light Endoscopy
- Barrett's esophagus is rare in children and adolescents
- GluR5 inhibition with ADX10059 might be a promising new way of treating GERD
- Biopsy for post ablation buried Barrett's is not feasible with today's technology. You need to sample the whole lamina propria to find buried Barrett's
- Eosinophilic Esophagitis is rare in refractory GERD

### **Epidemiology of Acid Reflux Disease**

- The incidence and prevalence of GERD symptoms and esophageal adenocarcinoma is increasing
- While there are little differences based on gender, race, and geography in GERD symptoms, there are striking differences in Barrett's esophagus and esophageal adenocarcinoma
- GERD in children and adolescents is relatively common and tends to persist or predispose to GERD in adulthood
- The decline in *H. pylori* is associated with an increase in complicated forms of GERD including Barrett's esophagus and esophageal adenocarcinoma
- Obesity, especially abdominal obesity, is associated with an increase in risk of GERD, Barrett's and esophageal adenocarcinoma

### **Controversies of Functional GI Disease**

- New motility drug development lags other areas
- New technologies, like gastrointestinal stimulators, may improve treatment of GI motor abnormality
- The link between SIBO and IBS may be related to PPIs

### **Clinical Utility of High Resolution Manometry**

- High resolution manometry more accurately portrays the function of the esophagus

### **Controversies in IBD**

- Imuran anti-TNF C diff in IBD
- In a prospective study of approximately 600 patients over 1 year, their perception of stress (high stress perception) was greatest prediction of a disease flare but NSAIDs, antibiotics and infections were not predictors
- Certolizumab pegol does not cross the placenta

### **The Environment and IBD**

- The prevalence of IBD is emerging in the developing world, but over time, Crohn's Disease has overtaken UC as the predominant form in the developed world
- While no single microbial cause for IBD has been identified, a number of centers around North America Europe have identified an adherent-invasive *E. coli* with Crohn's Disease

### **Controversies in Advanced Endoscopy**

- Guidewire cannulation is safer
- Advances in EMR will improve outcomes
- Interventional EUS procedures can help with failed ERCP

- Propofol sedation may be increasingly used in Southern California in the near future

### **The Future of Endoscopy**

- New imaging technologies will change Endoscopy
- Bariatric Endoscopy is coming

### **The Role of Culture, Gender, and Complementary/Alternative Medicine in Management of Functional Bowel Disease**

- While gender and culture are important factors in IBS, the patient - physician interaction may be even more important
- Evidence suggests that peppermint oil, some probiotics, and hypnotherapy are effective complementary/alternative medicine treatments for IBS

### **Controversies in Liver Disease**

- Hepatitis C therapies are rapidly evolving
- Hepatic encephalopathy trials were successful using Rifaximin
- Screening for HCC in cirrhosis improves survival
- Baclofen can decrease alcohol intake in patients with ALD

### **Hepatorenal Syndrome: Finally Some Light at the End of the Tunnel**

- There are new criteria for HRS
- Octreotide/Midodrine can be effective Rx of HRS

### **Controversies in GI Bleeding**

- Early Endoscopy decreases mortality
- Hp testing, if negative, needs to be repeated outside the acute setting
- Recognition that oozing bleeding is a distinct stigmata of recent hemorrhage (different than spurting arterial bleeding, non-bleeding visible vessel, or adherent clot) will

result in improved risk stratification, treatment, and reduction in hospital time after successful endoscopic treatment

- Utilization of Doppler ultrasound probe in focal colonic hemorrhage (e.g., diverticula or ulcers) can improve risk stratification and Endoscopic hemostasis
- Knowing the risk factors for delayed post-polypectomy hemorrhage may help improve outcomes

### **What is the Optimal Management of Peptic Ulcer Bleeding in 2009?**

- Correction of a therapeutic INR should not delay Endoscopy
- PPI pre-endoscopy does not decrease re-bleeding in bleeding ulcers

### **Controversies of the Colon**

- CT colonography and the management of polyps 6 – 9mm is controversial
- Serrated adenomas are a risk factor for colorectal cancer, particularly those in the right colon
- Colonoscopy withdrawal time may be a marker of good endoscopies, not the reason why good endoscopies detect more adenomas
- Preparation quality is tightly associated with adenoma detection; therefore, greater attention to interventions that improves preparation must be pursued

### **Colorectal Cancer Screening: Capacity, Costs, and Couric**

- As long as a patient at average-risk for development of colorectal cancer is willing to undergo colonoscopy screening, CT colonography will not be a cost-effective option
- Adherence to screening is not improved by guideline publications; however, a healthy celebrity spokesperson (i.e., “poster-child”) can significantly increase adherence