

RMH 2021- Key Points and Bibliographic Reference

Talk Title	Speaker Name	Key Points	Bibliographic Information
Management of Pancreatic Cystic Lesions	Attwell, Augustin MD	The vast majority of neoplastic pancreatic cysts can be correctly diagnosed with a combination of cross sectional imaging, EUS, and fluid analysis. Given the small but real risk of pancreatic cancer within mucinous cysts, those with worrisome features based on updated European, American, and Asian guidelines should be referred for surgical management of cyst ablation.	1. Elta GH et al. ACG Clinical Guideline: Diagnosis and management of pancreatic cysts. Am J Gastroenterol 2018; 113: 464-479. 2. Phan J, Muthusmany VR. Managing incidental pancreatic cysts. Current Gastroenterol Rep 2018; 20: 30-38.
Treatment Challenges in Eosinophilic Esophagitis	DeLay, Kelli MD	Understand the role of gastroenterologist in recognizing symptoms, associated conditions, and how to proceed with diagnosis. -Understand the recommended treatment options for EoE and the management including reassessment and surveillance of -Appreciate endpoints of adequate treatment combining histologic, symptomatic ,and endoscopic findings	Hirano I, Furuta GT. Approaches and Challenges to Management of Pediatric and Adult Patients With Eosinophilic Esophagitis. Gastroenterology. 2020 Mar;158(4):840-851. doi: 10.1053/j.gastro.2019.09.052. Epub 2019 Dec 10. PMID: 31836530; PMCID: PMC8063595. Dellon ES, Liacouras CA, Molina-Infante J, Furuta GT, Spergel JM, Zevit N, Spechler SJ, Attwood SE, Straumann A, Aceves SS, Alexander JA, Atkins D, Arva NC, Blanchard C, Bonis PA, Book WM, Capocelli KE, Chehade M, Cheng E, Collins MH, Davis CM, Dias JA, Di Lorenzo C, Dohil R, Dupont C, Falk GW, Ferreira CT, Fox A, Gonsalves NP, Gupta SK, Katzka DA, Kinoshita Y, Menard-Katcher C, Kodroff E, Metz DC, Miehlke S, Muir AB, Mukkada VA, Murch S, Nurko S, Ohtsuka Y, Orel R, Papadopoulos A, Peterson KA, Philpott H, Putnam PE, Richter JE, Rosen R, Rothenberg ME, Schoepfer A, Scott MM, Shah N, Sheikh J, Souza RF, Strobel MJ, Talley NJ, Vaezi MF, Vandenplas Y, Vieira MC, Walker MM, Wechsler JB, Wershil BK, Wen T, Yang GY, Hirano I, Bredenoord AJ. Updated International Consensus Diagnostic Criteria for Eosinophilic Esophagitis: Proceedings of the AGREE Conference. Gastroenterology. 2018 Oct;155(4):1022-1033.e10. doi: 10.1053/j.gastro.2018.07.009. Epub 2018 Sep 6. PMID: 30009819; PMCID: PMC6174113.
Colorectal Cancer Screening and Surveillance: When Are We Doing Too Much?	Edmundowicz, Steven MD	Adenomas less than 1 cm in size and without high-grade dysplasia or villous architecture are associated with a low risk for future colorectal cancer. Accordingly, patients with 1-2 low risk adenomas can undergo surveillance colonoscopy in 7-10 years. For individuals ages 76 to 85, the decision to start or continue screening should be individualized and based on prior screening history, life expectancy, CRC risk, and personal preference. Screening is not recommended after age 85.	Provenzale, D., Ness, R. M., Llor, X., Weiss, J. M., Abbadessa, B., Cooper, G., Early, D. S., Friedman, M., Giardiello, F. M., Glaser, K., Gurudu, S., Halverson, A. L., Issaka, R., Jain, R., Kanth, P., Kidambi, T., Lazenby, A. J., Maguire, L., Markowitz, A. J., May, F. P., Mayer, R. J., Mehta, S., Patel, S., Peter, S., P. Stanich, P., Terdiman, J., Keller, J., Dwyer, M. A., & Ogba, N. (2020). NCCN Guidelines Insights: Colorectal Cancer Screening, Version 2.2020, Journal of the National Comprehensive Cancer Network J Natl Compr Canc Netw, 18(10), 1312-1320. Retrieved Aug 2, 2021, from https://jncn.org/view/journals/jncn/18/10/article-p1312.xml Abualkhair WH, Zhou M, Ahnen D, Yu Q, Wu X, Karlitz JJ. Trends in Incidence of Early-Onset Colorectal Cancer in the United States Among Those Approaching Screening Age. JAMA Netw Open. 2020;3(1):e1920407. doi:10.1001/jamanetworkopen.2019.20407
Viral Hepatitis Potpourri and Pearls	Forman, Lisa MD	1 To recognize the epidemiology, presentation and management of Hepatitis D 2. To recognize the epidemiology, presentation and management of Hepatitis E 3. To recognize the atypical presentations of HAV	Miao Z et al. J Infect Dis 2020;221:16767 Fontanta et al Hepatology 2016;64:1870 Bornstein et al. J Clinical Gastro 1999;28:355
Practical Approach to Harnessing the Brain-Gut Connection	Gumidyal, Amitha PhD	Gut-brain psychotherapies, such as gastrointestinal-specific cognitive behavioral therapy, are effective at treating gut-brain dysregulation, including IBS.	Jagielski, C.H. & Riehl, M.E. (2021). Behavioral strategies for irritable bowel syndrome: Brain-gut or gut-brain? Gastroenterology Clinics of North America, 50(3), 581-593. Kinsinger, S.W. (2017). Cognitive-behavioral therapy for patients with irritable bowel syndrome: current insights. Psychology Research and Behavioral Management, 10, 231-237. Chey, W.D., Keefer, L., Whelan, K., Gibson, P.R. (2021). Behavioral and diet therapies in integrated care for patients with irritable bowel syndrome. Gastroenterology, 160(1), 47-62. Keefer, L., Palsson, O.S., Pandolfino, J.E. (2018). Best practice update: incorporating psychogastroenterology into management of digestive disorders. Gastroenterology, 154(5), 1249-1257.
Endoscopic Management of Large Complex Colorectal Polyps	Hammad, Hazem MD	Lesions without characteristics of deep submucosal invasion should not be referred for surgery without consultation with an expert endoscopist for evaluation for endoscopic resection. Large polyps (even ones with superficially invasive cancers) can be cured by endoscopic resection as the risk of lymph node metastasis is < 1% when complete removal is achieved.	Peery AF et al. Increasing Rates of Surgery for Patients With Non-Malignant Colorectal Polyps in the United States. Gastroenterology. 2018 Apr; 154(5): 1352–1360.e3. Pimentel-Nunes P, et al. Endoscopic submucosal dissection: European Society of Gastrointestinal Endoscopy (ESGE) Guideline. Endoscopy. 2015. PMID: 26317585 Schmidt A et al. Colonoscopic full-thickness resection using an over-the-scope device: a prospective multicentre study in various indications. Gut 2018 Jul;67(7):1280-1289.
Transplant Updates: When to Refer for Liver Transplant	Jackson, Whitney MD	Review the indications for liver transplantation Understand liver allocation using MELD score Review our approach to alcohol-related liver disease Consider the role of living donor liver transplantation	Julien J, Ayer T, Bethea ED, Tapper EB, Chhatwal J. Projected prevalence and mortality associated with alcohol-related liver disease in the USA, 2019-40: a modelling study. Lancet Public Health. 2020 Jun;5(6):e316-e323. doi: 10.1016/S2468-2667(20)30062-1. PMID: 32504584. UNOS Organ Policy. https://optn.transplant.hrsa.gov/media/1200/optn_policies.pdf Godfrey EL, Malik TH, Lai JC, Mindikoglu AL, Galván NTN, Cotton RT, O'Mahony CA, Goss JA, Rana A. The decreasing predictive power of MELD in an era of changing etiology of liver disease. Am J Transplant. 2019 Dec;19(12):3299-3307. doi: 10.1111/ajt.15559. Epub 2019 Sep 4. PMID: 31394020.
Keeping Our Chronic Liver Disease Patients Safe and Healthy in the COVID-19 Era	Kriss, Michael MD	Patients with chronic liver disease have unique susceptibilities to other chronic diseases including COVID-19 and vaccine immunogenicity that warrant consideration in management	COVID-19 and Liver link: https://www.aasld.org/about-aasld/covid-19-and-liver

Non-Alcoholic Steatohepatitis: When to Worry and What to Do!	Lane, Ashley MD	Be comfortable identifying and managing the high-risk population with non-alcoholic fatty liver disease.	<p>Chalasani N, Younossi Z, Lavine JE, Charlton M, Cusi K, Rinella M, Harrison SA, Brunt EM, Sanyal AJ. The diagnosis and management of nonalcoholic fatty liver disease: Practice guidance from the American Association for the Study of Liver Diseases. Hepatology. 2018 Jan;67(1):328-357. doi: 10.1002/hep.29367. Epub 2017 Sep 29. PMID: 28714183.</p> <p>European Association for the Study of the Liver (EASL); European Association for the Study of Diabetes (EASD); European Association for the Study of Obesity (EASO). EASL-EASD-EASO Clinical Practice Guidelines for the management of non-alcoholic fatty liver disease. J Hepatol. 2016 Jun;64(6):1388-402. doi: 10.1016/j.jhep.2015.11.004. Epub 2016 Apr 7. PMID: 27062661.</p>
Updates on Age to Start Colorectal Cancer Screening: Are we doing enough?	Patel, Swati MD	<p>The incidence and mortality associated with colorectal cancer in individuals under age 50 is increasing in the United States. All individuals, regardless of age, should review their family history of colorectal cancer/precancerous polyps and any gastrointestinal symptoms (bleeding, abdominal pain, changes in bowel patterns) with their medical providers to determine if they need colorectal evaluation.</p> <p>For individuals at average-risk for colorectal cancer (no family history of advanced precancerous colorectal polyps or colorectal cancer, no gastrointestinal symptoms), current guidelines recommend starting colorectal cancer screening at age 45.</p>	<p>United States Preventative Services Task Force, Davidson KW, Barry MJ, et al. Screening for Colorectal Cancer: US Preventive Services Task Force Recommendation Statement. JAMA 2021;325:1965-1977.</p> <p>Patel SG, May FP, Anderson JC, et al. Updates on age to start and stop colorectal cancer screening: recommendations from the U.S. Multi-Society Task Force on Colorectal Cancer. Gastroenterology 2021. Epub Ahead of Print.</p>
Challenging Cases of Dysphagia: A Tough Pill to Swallow	Reveille, Robert MD	<p>When treatment for structural causes of esophageal dysphagia fail to resolve symptoms, consider disorders of motility.</p> <p>High-resolution manometry and interpretation using Chicago classification 4.0 should be considered as the next step in patient evaluation.</p>	<p>Esophageal motility disorders on high-resolution manometry: Chicago classification version 4.0. Neurogastroenterology & Motility. 2020;33:e14058.</p> <p>REVIEW Recent advances in dysphagia management. F1000Research 2019, 8(F1000 Faculty Rev):1527.https://doi.org/10.12688/f1000research.18900.</p>
Emerging Therapeutics in Inflammatory Bowel Disease: What is Ready for Prime Time?	Scott, Frank MD	<p>Adopting recent recommendations regarding the use of treat-to-target assessment algorithms allows us to maximize the probability that patients with inflammatory bowel disease will respond to existing medical therapies</p> <p>The recent approval of JAK inhibitors and S1P receptor modulators provides two new mechanisms of action for treating our patients. However, each new class of medications also comes with new side effect profiles, pre-treatment evaluation recommendations, and follow-up testing requirements.</p>	<p>Citation 1: Colombel JF, D'haens G, Lee WJ, Petersson J, Panaccione R. Outcomes and Strategies to Support a Treat-to-target Approach in Inflammatory Bowel Disease: A Systematic Review. J Crohns Colitis. 2020 Feb 10;14(2):254-266. doi: 10.1093/ecco-icc/ijz131. PMID: 31403666; PMCID: PMC7008150.</p> <p>Citation 2: Turner D, Ricciuto A, Lewis A, D'Amico F, Dhaliwal J, Griffiths AM, Bettenworth D, Sandborn WJ, Sands BE, Reinisch W, Schölmerich J, Bemelman W, Danese S, Mary JY, Rubin D, Colombel JF, Peyrin-Biroulet L, Dotan I, Abreu MT, Dignass A; International Organization for the Study of IBD. STRIDE-II: An Update on the Selecting Therapeutic Targets in Inflammatory Bowel Disease (STRIDE) Initiative of the International Organization for the Study of IBD (IOIBD): Determining Therapeutic Goals for Treat-to-Target strategies in IBD. Gastroenterology. 2021 Apr;160(5):1570-1583. doi: 10.1053/j.gastro.2020.12.031. Epub 2021 Feb 19. PMID: 33359090.</p> <p>Citation 3 : Sabino J, Verstockt B, Vermeire S, Ferrante M. New biologics and small molecules in inflammatory bowel disease: an update. Therap Adv Gastroenterol. 2019 May 26;12:1756284819853208. doi: 10.1177/1756284819853208. PMID: 31205488; PMCID: PMC6537282.</p>
Endoscopic Treatment of Obesity	Sullivan, Shelby MD	<p>Obesity rates are increasing globally.</p> <p>Multiple endoscopic bariatric procedures are available currently with well-established safety and efficacy profiles.</p>	<p>Endoscopic bariatric therapies for obesity: a review. Med J Aust. 2021 Aug 16;215(4):183-188. doi: 10.5694/mja2.51179.</p> <p>Bariatric and metabolic endoscopy: impact on obesity and related comorbidities. Ther Adv Gastrointest Endosc. 2021 Jun 9;14:26317745211019156. doi: 10.1177/26317745211019156.</p>
Updates in screening and treatment of Barrett's esophagus	Wani, Sachin MD	<p>Esophageal adenocarcinoma is one of the fastest increasing cancers in the West and is associated with a dismal 5-year survival rate.</p> <p>Endoscopic treatment for Barrett's esophagus is effective and should be considered in patients with high-grade dysplasia, intramucosal carcinoma, and some cases with low-grade dysplasia.</p>	<p>Controversies in Endoscopic Eradication Therapy for Barrett's Esophagus. Gastroenterology. 2018 May;154(7):1861-1875.e1. doi: 10.1053/j.gastro.2017.12.045.</p> <p>Barrett's esophagus: current standards in advanced imaging. Transl Gastroenterol Hepatol. 2021 Jan 5;6:14. doi: 10.21037/tgh.2020.02.10.</p>