A RETROSPECTIVE ANALYSIS OF ENDOSCOPIC ULTRASOUND (EUS) SURVEILLANCE IN SMALL GASTROINTESTINAL STROMAL TUMORS (GIST) :A DISTRICT GENERAL HOSPITAL EXPERIENCE

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A 10-year retrospective study of 44 patients with small gastrointestinal stromal tumors under endoscopic ultrasound surveillance found very low progression rates, with no tumors less than 20mm requiring surgery.

KEY POINTS

- Among 44 patients with mean follow-up of 4.4 years, only one GIST less than 20mm increased in size (from 8mm) and none required surgical referral.
- Three GISTs larger than 20mm at diagnosis progressed and were referred for surgery during the surveillance period.
- The study included GISTs from the stomach (28), duodenum (9), gastroesophageal junction (6), and esophagus (1), with surveillance intervals ranging from 1 to 4 years.
- The authors recommend extended surveillance intervals for small GISTs less than 20mm based on the observed low progression rate over one decade of practice.
- This study may inform clinicians managing incidentally detected small submucosal lesions suspected to be GISTs on endoscopy or cross-sectional imaging.

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