QUALITY OF LIFE AFTER SURGICAL RESECTION OF PANCREATIC CYSTIC NEOPLASMS: RESULTS OF THE PROSPECTIVE METAPAC STUDY

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UEG Week Barcelona 2026 | Presentation

Surgery | Pancreas | Mechanisms & Personalised Medicine | Digestive Oncology

October 19, 2026

Prospective 24-month study of 375 patients with pancreatic cystic neoplasms found that surgical resection does not impair global quality of life but paradoxically increases psychological distress compared to surveillance.

KEY POINTS

- Global quality of life remained stable and comparable to population norms over 24 months, with no significant difference between resected (n=167, 49%) and non-resected patients (p=0.530).
- Resected patients reported persistently greater fear of future health (p=0.002) and more restrictions in planning for the future (p=0.032) throughout follow-up, despite fear declining over time in both groups.
- No significant differences were observed in physical functioning (p=0.423) or emotional functioning (p=0.113) between resected and non-resected patients.
- Resected patients reported worse social functioning (p=0.005) and higher flatulence (p=0.031), but better cachexia (p=0.006) and eating-related scores (p=0.009).
- The findings underscore the need for proactive psychological support and structured counselling perioperatively for patients undergoing pancreatic cyst resection.

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