

Best of UEG Week - Endoscopy with Manmeet Matharoo

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Podcast Episode

Endoscopy

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A gastroenterologist reflects on UEG Week Berlin, identifying precision endoscopy, patient-centered care, and strategic use of cold snare techniques as key emerging themes in modern endoscopic practice.

KEY POINTS

- The speaker argued that precision endoscopy—knowing when not to perform endoscopy through better patient and lesion selection—is an emerging priority to manage increasing demand and reduce unnecessary procedures in aging, comorbid populations.
- Cold snare resection techniques are being favored over conventional EMR in selected patients because they may offer better safety profiles despite slightly higher recurrence rates, particularly for frail or anticoagulated patients.
- The principle of treating the patient, not the polyp, was emphasized, with multidisciplinary polyp meetings and contextualized decision-making preferred over a narrow focus on technical resection outcomes like R0 resection.
- Quality assurance for endoscopy training processes should receive equal weight to procedural quality metrics, with online platforms and structured feedback systems helping to democratize education across different countries and centers.
- The medical community has a responsibility to engage on social media platforms to counter misinformation and meet patients and trainees where they access information, rather than relying solely on traditional channels.

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