

THE EFFECT OF SEDATED VERSUS NON-SEDATED ENDOSCOPY ON EARLY CANCER DETECTION

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A retrospective single-center study from Mongolia found that among 91 patients with cellular abnormalities detected on tissue analysis, 61.5% had sleep apnea, and the authors conclude that sedated endoscopy may enhance detection of cytological abnormalities and could improve early cancer detection.

KEY POINTS

- In 2023, 7,244 new cancer cases were recorded in Mongolia, with stomach cancer representing 17.4% and esophageal cancer 4.9%; 65.4% were diagnosed at a late stage.
- The retrospective study at Brilliant Hospital involved 91 patients with cellular abnormalities selected from 9,373 patients who underwent endoscopy between January and December 2023.
- Among the 91 patients with cellular abnormalities, 56 individuals (61.5%) were identified with sleep apnea.
- The authors conclude that sedated endoscopy shows promise in improving diagnostic outcomes and could be beneficial for early cancer detection, though the study's single-center retrospective design limits generalizability.
- The authors recommend further large-scale prospective studies to confirm the findings and investigate the association between sleep apnea and cytological abnormalities.

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