

GREEN TEA POLYPHENOLS AMELIORATE ESOPHAGITIS RATHER THAN ASPIRIN IN A THREE-ARM PROSPECTIVE COHORT STUDY

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Poster

Oesophagus

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A prospective cohort study found that long-term green tea polyphenol intake was associated with higher regression rates of esophageal precursor lesions compared to aspirin or no medication after one year of follow-up.

KEY POINTS

- Among 242 participants who completed one-year endoscopic follow-up, regression rates of esophageal precursor diseases were 67.90% in the green tea polyphenol group, 55.13% in the aspirin group, and 48.19% in the control group ($P = 0.036$).
- In the esophagitis subgroup specifically, the green tea polyphenol group showed a significantly higher regression rate (62.32%) compared to aspirin (47.76%) and control (38.57%) groups ($P = 0.019$).
- Side effects were minimal, with 0.63% experiencing nausea in the green tea polyphenol group and 0.66% experiencing gastrointestinal bleeding in the aspirin group.
- The authors conclude that green tea polyphenols may be a promising health supplement for esophageal precursor diseases, showing greater benefit than aspirin in improving esophagitis outcomes.

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