gutflix
GI learning, personalised

Summary

# United European Gastroenterology (UEG) and European Society for Neurogastroenterology and Motility (ESNM) consensus on functional dyspepsia

Lucas Wauters

Standards and Guidelines

Neurogastroenterology & Motility

January 1, 2021

**A European Delphi consensus of 41 experts from 22 countries reached agreement on 36 of 87 statements regarding the definition, pathophysiology, diagnosis, and management of functional dyspepsia.**

KEY POINTS

- Cardinal symptoms of functional dyspepsia include early satiation, postprandial fullness, epigastric pain, and epigastric burning, with subdivision into epigastric pain syndrome and postprandial distress syndrome.
- Endoscopy is mandatory for establishing a firm diagnosis, though primary care patients without alarm symptoms or risk factors can be managed without endoscopy.
- H. pylori status should be determined in every patient with dyspeptic symptoms, and H. pylori positive patients should receive eradication therapy.
- Proton pump inhibitor therapy is considered an effective treatment for functional dyspepsia, but no other treatment approach reached consensus.
- Pathophysiological mechanisms with consensus support include impaired gastric accommodation, delayed gastric emptying, hypersensitivity to gastric distention, H. pylori infection, and altered central processing of gastroduodenal signals.

VIEW THIS CONTENT ON GUTFLIX

https://gutflix.eu/search/d/ea84cb50-9360-11ed-ad9e-0242ac140004

**AI-generated summary**

This summary was generated by an AI large language model based on the content transcript. It is for informational purposes only and should not be considered a substitute for clinical judgment. Always rely on your professional expertise and the full clinical context when making clinical decisions.