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Summary

Oesophagus-gastric cancer

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Colorectal | Stomach & H. Pylori | Pancreas | Oesophagus | Digestive Oncology

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The European Council now recommends gastric cancer screening as part of updated cancer screening guidelines, focusing on Helicobacter pylori screen-and-treat and identification of high-risk individuals with precancerous conditions, while oesophageal cancer screening remains unsupported by sufficient evidence for population-based programs in Europe.

KEY POINTS

- The updated European Council recommendations include six cancer types for screening, newly adding gastric cancer (along with lung and prostate) to the previously recommended breast, cervical, and colorectal cancers, while oesophageal and pancreatic cancers were not included.
- For gastric cancer, the recommended approach is screen-and-treat for Helicobacter pylori and identification of individuals at high risk with precancerous stomach conditions and lesions for surveillance.
- The Euro Helicon study in young adults aged 30-35 years found that participation rates were only one quarter of those invited, indicating low interest in preventive strategies among young healthy individuals.
- The TOGAS project pilot study of upper endoscopy in nearly 1700 asymptomatic individuals undergoing colonoscopy identified two gastric cancers and three oesophageal cancers, with results being prepared for publication.
- A new EU-CAN-SCREEN joint action study will evaluate simultaneous screening for colorectal cancer and stool antigen testing for Helicobacter pylori in Europe, an approach not previously studied in the region.

– For oesophageal cancer, the speaker stated that data on non-invasive tools like Cytosponge are too limited to recommend for population-based screening programs, and no European programs or recommendations currently exist for population-based oesophageal cancer screening.

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