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Summary

Europe’s malabsorption game-changer: What every doctor must know!

Marco Vincenzo Lenti

UEG Week Berlin 2025 | Presentation

Small Intestine & Nutrition | Standards & Guidelines

October 6, 2025

The speaker presented recently published multi-society guidelines on malabsorption (2022-2025), the first consensus addressing how to raise clinical suspicion and approach diagnosis rather than focusing on individual diseases.

KEY POINTS

- The guidelines define malabsorption as impaired nutrient absorption through intestinal mucosa and emphasize that no universal diagnostic test exists because there are as many malabsorption syndromes as mechanisms of absorption.
- The practical diagnostic algorithm starts with history, family history, and physical examination, with testing ordered based on clinical data rather than a uniform panel.
- First-line laboratory tests recommended by the speaker include iron, vitamin B12, folic acid, albumin, and cell count, with micronutrient testing typically repeated every six months.
- The D-xylose test is described as the only test able to broadly assess small bowel absorption, though the substrate is no longer available in most countries.
- The speaker emphasized that malabsorption has been neglected in teaching and research agendas in favor of disease-specific approaches, calling this a significant mistake.

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