

Episode 6: UEG Journal October Spotlight

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Podcast Episode

Endoscopy

Hepatobiliary

IBD

Pancreas

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This episode reviews five recent gastroenterology studies covering gallbladder polyp management, pancreatic stone lithotripsy, weight loss predictors in metabolic liver disease, ultrasound scoring in ulcerative colitis, and the role of placebo effects in non-celiac gluten sensitivity.

KEY POINTS

- A Dutch study of 302 patients found that revising European gallbladder polyp guidelines from 2017 to 2022 reduced unnecessary cholecystectomies only marginally, with 29 percent undergoing surgery yet no cancers detected and only 9 percent showing adenomas.
- Digital single-operator video pancreatoscopy-guided lithotripsy achieved sustained pain reduction in 71 percent of chronic pancreatitis patients at 24 months when complete ductal clearance was obtained, though adverse events occurred in 26 percent.
- In an Italian cohort of over 900 MASLD patients, only 18 percent achieved clinically relevant weight loss; baseline BMI above 30, nutritionist support, and GLP-1 agonist use each independently doubled the odds of success.
- The IBUS-SAS ultrasound score predicted active ulcerative colitis with 100 percent sensitivity and 80 percent specificity at a cut-off of 15.9, correlating strongly with endoscopy, histology, and biomarkers in 58 patients.
- A Belgian crossover trial found that symptoms attributed to gluten in self-reported non-celiac gluten sensitivity occurred equally with placebo, with no changes in inflammation or permeability markers, suggesting a placebo effect rather than a gluten-specific reaction.

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