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Summary

LOW PHOSPHOLIPID-ASSOCIATED CHOLELITHIASIS (LPAC) SYNDROME AS A NOT UNCOMMON CAUSE OF BILIARY PROBLEMS AND HOSPITAL ADMISSIONS

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An ambispective study of 237 biliary admissions in Spain found LPAC syndrome in 2.5% overall and 16.7% of patients under 40 years, with all patients remaining asymptomatic after ursodeoxycholic acid treatment.

KEY POINTS

- Among 237 patients admitted for biliary disease over nine months, six were diagnosed with LPAC syndrome, representing an incidence of 2.5% overall, 16.7% in those under 40 years, and 21% in women under 40 years.
- Thirty-six enrolled LPAC patients had mean symptom onset at 27.5 years, 69% were female, 59% had family history of biliary disease, and 89% showed intrahepatic lithiasis on imaging.
- Cholecystectomy was performed in 78% of patients, with 61% experiencing recurrence after surgery, and genetic confirmation of MDR3 mutations was obtained in 28% of all patients.
- All patients remained asymptomatic with no hospital readmissions after initiating ursodeoxycholic acid treatment.
- The authors conclude that LPAC may be more common than previously recognized in younger patients with biliary disease and that diagnosis could prevent unnecessary surgeries and admissions.

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