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Summary

EAST-EUROPEAN CONSENSUS ON MANAGEMENT OF FD

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UEG Week Copenhagen 2023 | Poster

Oesophagus

October 17, 2023

An East-European expert consensus on functional dyspepsia involving 24 experts from 10 countries diverges from European guidelines by mandating early endoscopy regardless of alarm features and shows limited agreement on treatment options beyond H.pylori eradication.

KEY POINTS

- Upper endoscopy with H.pylori testing is considered mandatory for FD diagnosis even in the absence of alarm symptoms, with 83% and 92% consensus respectively, contrasting with broader European recommendations
- H.pylori eradication if present achieved 92% consensus as a treatment approach, representing the strongest agreement among therapeutic interventions
- No consensus was reached on PPI therapy as initial or effective treatment despite 71% and 67% agreement, and prokinetics as a group received only 46% support, though itopride showed 75% agreement
- Most other therapeutic modalities received minimal support, including neuromodulators, probiotics, rifaximin, behavioral treatments, and complementary approaches
- This consensus may be most relevant to gastroenterologists practicing in East-European settings with higher H.pylori prevalence and different resource availability

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