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Summary

PANCREATIC STEATOSIS AND EXOCRINE PANCREATIC INSUFFICIENCY: A SYSTEMATIC REVIEW AND META-ANALYSIS

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Pancreas

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A meta-analysis of three studies involving 1,864 patients demonstrates that pancreatic steatosis is significantly associated with impaired exocrine pancreatic function and increased risk of exocrine pancreatic insufficiency.

KEY POINTS

- Patients with imaging-detected pancreatic steatosis had significantly lower fecal elastase-1 levels compared to controls (mean difference -199.78; 95% CI -303.66 to -95.91; $p < 0.05$; $I^2 = 97\%$), indicating worse exocrine pancreatic function.
- Pancreatic steatosis was associated with a significantly increased risk of exocrine pancreatic insufficiency (RR 3.13; 95% CI 1.17–8.40; $p = 0.023$; $I^2 = 81\%$).
- The systematic review and meta-analysis searched PubMed, EMBASE, and Cochrane Central for studies of adults with and without pancreatic steatosis, pooling data using random-effects models.
- The authors suggest the findings underscore the importance of comprehensive metabolic assessment in patients with pancreatic steatosis, given its potential role in pancreatic dysfunction.

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