Fatty pancreas

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Digestive Oncology | Pancreas | Mechanisms & Personalised Medicine

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An international multidisciplinary consensus report involving 83 participants across 16 working groups established 'fatty pancreas' as the recommended umbrella term and defined MR proton density fat fraction as the most reliable diagnostic method.

KEY POINTS

- The consensus group recommended 'fatty pancreas' as the standardized term to replace multiple inconsistent historical synonyms, with 89% agreement including patient organization input.
- Magnetic resonance imaging with proton density fat fraction was identified as the most reliable technique for pancreatic fat quantification, with proposed grading of normal (up to 6%), mild (6-15%), moderate (16-30%), and severe (greater than 30%) fat content.
- The speaker reported that systematic review and meta-analysis estimated approximately 27% of the population have fatty pancreas, which the speaker characterized as the most common pancreatic disease.
- Evidence suggests fatty pancreas is a risk factor for acute pancreatitis severity, particularly post-ERCP pancreatitis, and for IPMN, though the level of evidence for IPMN association is low.
- A UK Biobank study showed fatty pancreas as a risk factor for type 2 diabetes, chronic kidney disease, and cardiovascular events, according to the speaker.
- The speaker stated there is currently no universally accepted validated objective method for histological assessment of fatty pancreas severity because fat cannot be seen in acinar cells, unlike hepatocytes in fatty liver.

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