

Gallstone Disease Relapse: Insights from the RELAPSTONE Study

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Podcast Episode

Pancreas

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A multicenter retrospective cohort study of 3016 patients found that 37% experienced recurrence of symptomatic gallstone disease within 12 months of first admission, with age over 54 years and endoscopic sphincterotomy protective against relapse.

KEY POINTS

- The study analysed recurrence patterns in patients hospitalised for the first time with one of five symptomatic gallstone diseases: acute pancreatitis, acute cholecystitis, acute cholangitis, and biliary colic, who had not undergone cholecystectomy on admission.
- Recurrence rates were 21% at three months, 29% at six months, and 37% at 12 months, while the cholecystectomy rate was 52% with a median waiting time of four months.
- The most frequent relapse pattern overall was biliary colic followed by acute pancreatitis, and patients typically relapsed with the same disease that caused the index episode.
- In multivariable analysis, age over 54 years and endoscopic sphincterotomy were protective factors with hazard ratios of 0.57 and 0.58 respectively, while ALT above 35 and leukocyte count below 11,000 were associated with slightly increased recurrence risk.
- The authors are considering prospective validation of these findings to address the inherent limitations of the retrospective design and to help prioritise surgical waiting lists.

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