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Summary

The secret of the hidden complications

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Surgery | Pancreas | Endoscopy

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Post-discharge mortality after acute pancreatitis now surpasses in-hospital mortality, reaching approximately 5-6% at one year compared to 3% in-hospital, driven by pancreatitis-related complications, infections, cardiovascular events, and cancer.

KEY POINTS

- The speaker reported 12-month post-discharge mortality of 5.5% in a Hungarian study of over 2500 patients and similar findings in Danish registry data, both exceeding in-hospital mortality of approximately 3%
- Deaths in the post-discharge period fall into four categories as stated by the speaker: acute pancreatitis-related complications, infections beyond the pancreas, cardiovascular deaths, and cancer
- The speaker reported a fourfold increased risk of acute myocardial infarction up to 20 days post-discharge and a threefold increased risk of stroke up to 30 days post-discharge with an absolute stroke risk of 0.4%
- New-onset diabetes occurs in 7-10% of patients at one year even after mild acute pancreatitis according to prospective studies cited by the speaker, though only 3% are detected in population registries suggesting a diagnostic gap
- The speaker stated that pancreatic exocrine insufficiency remains elevated at 12 months and recommended clinicians begin thinking about metabolic complications in the post-discharge period

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