

European guideline on obesity care in patients with gastrointestinal and liver diseases - Joint ESPEN/UEG guideline

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Standards and Guidelines

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August 12, 2022

A new European guideline provides evidence-based recommendations for managing patients with chronic gastrointestinal diseases and concomitant obesity, an increasingly frequent clinical scenario.

KEY POINTS

- The guideline addresses care for patients with inflammatory bowel disease, irritable bowel syndrome, celiac disease, gastroesophageal reflux disease, pancreatitis, and chronic liver disease who also have obesity, which may occur by coincidence or through related pathophysiology.
- The guideline contains 100 recommendations developed using the Scottish Intercollegiate Guidelines Network grading system, with all recommendations achieving 90% or more consensus through Delphi voting and consensus conference.
- Particular emphasis is placed on chronic liver disease, especially fatty liver disease due to its close relationship with obesity, while liver cirrhosis is associated with sarcopenic obesity.
- A dedicated chapter addresses obesity care in patients undergoing bariatric surgery, and the guideline takes a multidisciplinary approach including sarcopenic obesity.
- The guideline focuses on adult patients as data for children are scarce, and it is intended for all gastroenterology professionals including physicians, surgeons, and dietitians.

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