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Summary

Panel discussion: Does SLD matter to you in your practice?

UEG Week Barcelona 2026 | Presentation

Primary Care

October 19, 2026

Panel discussion addresses practical approaches to screening and managing alcohol-related and metabolic liver disease in non-specialist settings, emphasizing destigmatization and accessible testing.

KEY POINTS

- The speakers recommend that all gastroenterologists assess alcohol consumption and metabolic risk factors in patients presenting with any digestive condition, as these factors impact general health broadly
- Open, non-judgmental discussion of alcohol use at the first clinic visit is recommended, with recognition that recall bias exists and that alcohol units vary between countries
- FIB4 is presented as an easy, freely available score using standard lab parameters to stratify chronic liver disease risk, though newer free tests may outperform it
- A reflex LFT testing system implemented in Tayside, UK, automatically provides one of 33 discrete clinical recommendations to primary care and has decreased rather than increased workload
- Barriers to care include limited access to fibroscans and other non-invasive tests, awareness gaps among primary care physicians, and socioeconomic factors affecting patients in different regions
- The speakers emphasize using people-first language and asking permission before discussing sensitive topics to reduce stigma

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