

# EDITORIAL

## Evidence-based management of gastrointestinal diseases

J. Thomas Lamont

Division of Gastroenterology, Beth Israel Deaconess Medical Center, Harvard Medical School,  
 750 Brookline Avenue, Boston, MA 02215, USA. Tel: +1-617-667-8377; Fax: +1-617-667-2767;  
 Email: jlamont@bidmc.harvard.edu

This special issue of *Gastroenterology Report* is directed at “Evidence-based management of gastrointestinal (GI) diseases”. Gastroenterologists are now using a range of diagnostic tests and therapies that were largely unavailable twenty years ago. Ours is a fast-moving field, with innovations being developed at a rapid pace.

Included in this issue are authoritative reviews on how to manage a wide variety of conditions that affect the GI and biliary tracts using both established and emerging technologies, with emphasis on evidence to support the best practices and to achieve the best possible outcomes for our patients; for example, much has changed as regards our diagnostic accuracy in celiac disease. In the past 20 years the field has been revolutionized by the development of the current diagnostic test of choice: serum IgA antibody against tissue transglutaminase (IgA-tTG). This assay replaced the earlier “gold standard”, the anti-endomysial antibody (EMA). As reviewed in detail by Castillo et al. in this issue [1], IgA-tTG is the screening test of choice for detecting celiac disease in practice, with a specificity and sensitivity above 95%. Importantly, the incidence of celiac disease in Europe and North America approaches 1% of the population, but many patients are undiagnosed because they do not exhibit classic signs or symptoms of disease such as chronic diarrhea, weight loss, malabsorption or anemia.

Bondurant and colleagues provide a useful and detailed review of non-invasive breath tests using  $^{13}\text{C}$ , a stable and non-radioactive isotope, to assess liver metabolic function and gastric emptying [2]. These tests can be used safely in children and during pregnancy to provide useful data for clinical research or for patient management; for example, breath excretion of  $^{13}\text{C}$  phenylalanine can predict post-operative hepatic complications and post-resection liver regeneration. Similarly, sophisticated

breath tests can non-invasively and safely measure hepatic mitochondrial and microsomal function.

One of the most difficult clinical situations is the question of whether a biliary structure is benign or malignant. Singh et al. provide an authoritative and practical guide comparing the use of conventional techniques [endoscopic retrograde cholangiopancreatography (ERCP), endoscopic ultrasonography (EUS) with fine needle aspiration (FNA)], and emerging approaches (intrahepatic ultrasound, cholangioscopy and confocal biliary microscopy) to differentiate neoplastic bile duct strictures [3]. These latter techniques still require refinement and further experience, but will probably be added to our diagnostic algorithms in the coming years.

A much-feared complication of ERCP is pancreatitis, which can range from mild pain with hyperamylasemia, to catastrophic pancreatitis with phlegmon or abscess formation. Thaker et al. provide an evidence-based approach to the causes and clinical features of this condition, and provide some guidelines for avoiding post-ERCP pancreatitis (PEP) including patient selection, use of guidewire, avoidance of multiple cannulation attempts or injections and the use of a temporary stent in the pancreatic duct in high-risk patients [4]. Rectal suppositories containing non-steroid anti-inflammatory drugs (NSAIDs) after ERCP to prevent PEP has now been adopted in many high-volume ERCP centers.

Refractory gastroesophageal reflux disease (GERD) is increasingly recognized in patients with reflux esophagitis, who continue to have symptoms despite appropriate therapy with proton pump inhibitors (PPIs). Subramanian et al. outline a logical and practical plan for optimizing the management of these patients. Increasing the dose of PPI to twice daily or switching to another type of PPI is successful in some patients [5].

# Management Of Gastrointestinal Diseases

**Pasquale De Marco**



## **Management Of Gastrointestinal Diseases:**

Management of Gastrointestinal Diseases in the Elderly Alberto Pilotto, 2007-01-01 The study and care of gastrointestinal disorders in the elderly have become priority topics for both clinicians and researchers as the aged constitute an ever increasing part of the overall population This publication presents the results of recent studies in geriatric gastroenterology reviewing both basic research and clinical aspects A significant part is devoted to the physician s clinical approach to the elderly suffering from specific gastroenterological problems Another focal point is diagnostic testing which becomes very important in old age because clinical features such as history and physical signs are often very difficult to interpret clinical manifestations and the response to therapy may seem to differ because the older patient has several concomitant disorders that may distort the classic features of the primary gastrointestinal disease Also discussed are the effects of aging on the physiology of the gastrointestinal tract and liver functions as well as the management of disorders of the small intestine colon and liver This publication will be useful for general physicians specialists in geriatrics and gastroenterology and all healthcare providers who are involved in planning care management of elderly people with gastrointestinal disorders

*Nutritional Management of Gastrointestinal Diseases, An Issue of Gastroenterology Clinics of North America* Gerard E Mullin, Berkeley Limketkai, 2021-02-03 With collaboration of Consulting Editor Dr Alan Buchman Guest Editors Drs Gerard Mullen and Berkeley Limketkai have created a practical and current issue covering the breadth of topics in nutrition and gastrointestinal disease Articles are specifically devoted to the following topics Nutrition in the Management of Inflammatory Bowel Diseases Irritable Bowel Syndrome Food as a Friend or Foe Treatment of Obesity Beyond the Diet Nutritional Management of Acute Pancreatitis Nutritional Care in Patients with Intestinal Failure The Life long Role of Nutrition on the Gut Microbiome and Gastrointestinal Disease Nutritional Strategies for Esophageal Disorders Precision Medicine in Obesity Gastrointestinal Food Allergies and Intolerances All Things Gluten Fish Oil for Inflammatory Bowel Disease Panacea or Placebo Nutrition Tools for the Practicing Gastroenterologist Colorectal Cancer and Diet Is Diet an Intervention Non Alcoholic Fatty Liver Disease Nutritional Considerations and Nutritional Considerations in the Hospital Setting Readers will come away with current clinical information that they can employ in the clinical setting to improve outcomes in patients with gastrointestinal diseases

**Management of Gastrointestinal Diseases** Sidney J. Winawer, 1992      **Nutritional Management of Gastrointestinal Disease, An Issue of Gastroenterology Clinics of North America** Andrew Ukleja, 2018-02-07 Several new scientific developments in the area of nutrition and an increasing interest in the nutritional interventions in gastrointestinal diseases justify a timely issue on on Nutritional Management of Gastrointestinal Disease The articles in this issue are very relevant to our readers because diet and nutritional therapy positively affect various bodily functions reduce the risk of disease progression and optimize outcomes in patients with gastrointestinal disorders Expert authors have written reviews devoted to the following topics Malnutrition in GI disorders Detection and nutritional

assessment Enteral feeding Access and its complications Parenteral nutrition Indications access and complications Nutritional aspects of acute pancreatitis Nutritional therapy in chronic pancreatic Nutritional interventions in chronic intestinal pseudoobstruction and scleroderma The role of diet in the treatment of irritable bowel syndrome and Nutritional considerations in celiac disease and non celiac gluten sensitivity Readers will have a complete clinical understanding of best practices and outcomes for the gastroenterologist managing GI diseases      **Management of Gastrointestinal Diseases** Sidney J. Winawer,1992-01      *Digestive System Diseases—Advances in Research and Treatment: 2012 Edition* ,2012-12-26 Digestive System Diseases Advances in Research and Treatment 2012 Edition is a ScholarlyEditions eBook that delivers timely authoritative and comprehensive information about Digestive System Diseases The editors have built Digestive System Diseases Advances in Research and Treatment 2012 Edition on the vast information databases of ScholarlyNews You can expect the information about Digestive System Diseases in this eBook to be deeper than what you can access anywhere else as well as consistently reliable authoritative informed and relevant The content of Digestive System Diseases Advances in Research and Treatment 2012 Edition has been produced by the world s leading scientists engineers analysts research institutions and companies All of the content is from peer reviewed sources and all of it is written assembled and edited by the editors at ScholarlyEditions and available exclusively from us You now have a source you can cite with authority confidence and credibility More information is available at <http://www.ScholarlyEditions.com>      **Management of Functional Gastrointestinal Disorders in Children** David R. Fleisher,2014-08-06 A substantial body of literature exists on functional gastrointestinal disorders in children and on the bio psycho social model of clinical practice However the integration of these concepts into the management of children with functional disorders remains poorly defined A satisfactory clinical outcome often depends on the clinician s ability to discern not only the biological factors in illness but also the unique cognitive and emotional needs that pediatric patients bring to the task of healing This book further defines bio psycho social theory with respect to six groups of functional disorders and illustrates through clinical examples concepts of management developed during 45 years of practice This book is aimed at pediatricians family practitioners pediatric mental health practitioners pediatric nurse practitioners and pediatric gastroenterologists      *Nutritional Management of Gastrointestinal Diseases, An Issue of Gastroenterology Clinics of North America* Gerard E Mullin,Berkeley Limketkai, MD,2021-03-28 With collaboration of Consulting Editor Dr Alan Buchman Guest Editors Drs Gerard Mullen and Berkeley Limketkai have created a practical and current issue covering the breadth of topics in nutrition and gastrointestinal disease Articles are specifically devoted to the following topics Nutrition in the Management of Inflammatory Bowel Diseases Irritable Bowel Syndrome Food as a Friend or Foe Treatment of Obesity Beyond the Diet Nutritional Management of Acute Pancreatitis Nutritional Care in Patients with Intestinal Failure The Life long Role of Nutrition on the Gut Microbiome and Gastrointestinal Disease Nutritional Strategies for Esophageal Disorders Precision Medicine in Obesity Gastrointestinal Food Allergies and Intolerances All Things Gluten

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**Gastrointestinal Diseases—Advances in Research and Treatment: 2012 Edition**, 2012-12-26 Gastrointestinal Diseases Advances in Research and Treatment 2012 Edition is a ScholarlyBrief that delivers timely authoritative comprehensive and specialized information about Gastrointestinal Diseases in a concise format The editors have built Gastrointestinal Diseases Advances in Research and Treatment 2012 Edition on the vast information databases of ScholarlyNews You can expect the information about Gastrointestinal Diseases in this eBook to be deeper than what you can access anywhere else as well as consistently reliable authoritative informed and relevant The content of Gastrointestinal Diseases Advances in Research and Treatment 2012 Edition has been produced by the world s leading scientists engineers analysts research institutions and companies All of the content is from peer reviewed sources and all of it is written assembled and edited by the editors at ScholarlyEditions and available exclusively from us You now have a source you can cite with authority confidence and credibility More information is available at <http://www.ScholarlyEditions.com>

Gastrointestinal Diseases: A Multidisciplinary Approach, 1e (Clinics Collections) Joel J. Heidelbaugh, 2015-10-16 Clinics Collections Gastrointestinal Diseases draws from Elsevier s robust Clinics Review Articles database to provide multidisciplinary teams including general practitioners gastroenterologists otolaryngologists oncologists pathologists and surgeons with practical clinical advice and insights on this highly prevalent condition and its comorbidities Clinics Collections Gastrointestinal Diseases guides readers on how to apply current primary research findings on gastrointestinal diseases to everyday practice to help overcome challenges and complications keep up with new and improved treatment methods and improve patient outcomes Areas of focus include gastroesophageal reflux disease Barrett s esophagus upper gastrointestinal bleeding dyspepsia eosinophilic esophagitis gastroparesis dysphagia esophageal tumor colon polyps cancer constipation inflammatory bowel disease gastroenteritis lower gastrointestinal bleeding and hemorrhoids Each article begins with keywords and key points for immediate access to the most critical information Articles are presented in an easy to digest and concisely worded format Elsevier s Clinics Collections provide concise reviews of today s most prevalent conditions and significant medical developments Other Clinics Collections titles available include Type II Diabetes Mellitus Asthma Obesity Pain Management Lipid Disorders and Chronic Obstructive Pulmonary Disease

Gastrointestinal Disease Anthony J. DiMarino, Stanley B. Benjamin, 2002 New edition of a text for students residents and practitioners who care for patients with gastrointestinal and hepatic diseases In addition to updated information on diagnosis and treatment of related disorders it includes several new diagrams and endoscopic photographs that illustrate important findings and techniques Eighty three contributions cover considerations in gastrointestinal

endoscopy diseases of the esophagus stomach small intestine colon pancreas and biliary tree and the development of endoscopic techniques Abundantly illustrated in color and b w Edited by gastroenterologists DiMarino Thomas Jefferson U Hospital in Philadelphia and Stanley B Benjamin Georgetown U Hospital Annotation copyrighted by Book News Inc Portland OR

*Dietary Interventions in Gastrointestinal Diseases* Ronald Ross Watson, Victor R Preedy, 2019-01-10 Dietary Interventions in Gastrointestinal Diseases Foods Nutrients and Dietary Supplements provides valuable insights into the agents that affect metabolism and other health related conditions in the gastrointestinal system It provides nutritional treatment options for those suffering from gastrointestinal diseases including Crohn s Disease Inflammatory Bowel Disease Ulcerative Colitis and Allergies among others Information is presented on a variety of foods including herbs fruits soy and olive oil thus showing that changes in intake can change antioxidant and disease preventing non nutrients and affect gastrointestinal health and or disease promotion This book serves as a valuable resource for biomedical researchers who focus on identifying the causes of gastrointestinal diseases and food scientists targeting health related product development Provides information on agents that affect metabolism and other health related conditions in the gastrointestinal tract Explores the impact of composition including differences based on country of origin and processing techniques to highlight compositional differences and their effect on the gastrointestinal tract Addresses the most positive results from dietary interventions using bioactive foods to impact gastrointestinal diseases including reduction of inflammation and improved function of organs

*Gastrointestinal Diseases and Their Associated Infections* Guy D. Eslick, 2019-01-17 Many bacteria viruses protozoa and fungi play key roles in the development of gastrointestinal diseases and this practical reference brings you up to speed with this increasingly important area Covering a broad range of GI diseases and cancers this resource provides an expert overview of the field ideal for all gastroenterologists and infectious disease physicians Covers infections associated with gastroesophageal reflux disease and Barrett s esophagus gallbladder disease acute pancreatitis small intestinal bacterial overgrowth irritable bowel syndrome inflammatory bowel disease appendicitis Whipple Disease Crohn s Disease and more Discusses esophageal cancer gastric cancer cholangiocarcinoma hepatocellular carcinoma and colorectal cancer Includes chapters on gut microbiome fecal transplants and the molecular pathogenesis of gastrointestinal infections Consolidates today s available information on this timely topic into a single convenient resource

*Infectious Disease Management in Animal Shelters* Lila Miller, Kate F. Hurley, 2011-11-16 Infectious Disease Management in Animal Shelters is a comprehensive guide to preventing managing and treating disease outbreaks in shelters Emphasizing strategies for the prevention of illness and mitigation of disease this book provides detailed practical information regarding fundamental principles of disease control and specific management of important diseases affecting dogs and cats in group living environments Taking an in depth population health approach the text presents information to aid in the fight against the most significant and costly health issues in shelter care facilities

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**to Mastering the Exam** Pasquale De Marco, 2025-07-14 Conquer the USMLE Step 2 exam with confidence using this comprehensive and accessible study guide Covering all the essential topics tested on the exam this book provides a solid foundation of knowledge and skills to help you excel With its clear and concise explanations engaging writing style and abundant illustrations this book effectively simplifies complex medical concepts making them understandable even to students with diverse backgrounds Each chapter includes a summary of key points review questions and practice exams to reinforce learning and assess comprehension Features Comprehensive coverage of all major medical disciplines including internal medicine surgery pediatrics obstetrics and gynecology psychiatry and more Clear and concise explanations of complex medical concepts Engaging writing style that keeps students engaged Abundant illustrations tables and charts to enhance understanding Summary of key points at the end of each chapter Review questions and practice exams to assess comprehension Online question bank with hundreds of practice questions mirroring the format and difficulty level of the actual USMLE Step 2 exam Detailed explanations for both correct and incorrect answers to practice questions This book is the ultimate resource for medical students and graduates seeking to excel in the USMLE Step 2 exam and embark on a successful career in medicine With its comprehensive content engaging writing style and abundance of practice opportunities this book will empower you to confidently tackle the USMLE Step 2 exam and achieve your dream of becoming a licensed physician Don't let the USMLE Step 2 exam stand between you and your dream of becoming a successful physician Order your copy of USMLE Step 2 Made Easy today and take the first step towards achieving your goals If you like this book write a review

**Dendrobium nobile** Jingshan Shi, Archana Jain, Surendra Sarsaiya, Qin Wu, Qihai Gong, 2025-03-24 *Dendrobium nobile* a species of orchid native to South east Asia has been revered in traditional medicine systems for centuries due to its medicinal properties and therapeutic benefits With a rich history in Chinese medicine and other traditional healing practices there is now much interest in the chemical constituents of this orchid and potential applications for various health conditions The aim of this book is to bridge the gap between the traditional knowledge surrounding this remarkable plant and the cutting edge scientific investigations that have shed light on its pharmacological activities

**Gastrointestinal Damage and Metabolic Disorders** Daniele Maria-Ferreira, Marcelo Biondaro Gois, Elizabeth S. Fernandes, 2025-08-19 Gastrointestinal GI disorders can be described as physiologic and or morphologic changes in the GI system and include motility disorders changes in mucosal and immune function and alterations in the intestinal microbiota Inflammatory bowel diseases such as ulcerative colitis and Crohn's disease are the most serious disorders causing chronic inflammation while other chronic inflammatory diseases that cause severe damage include irritable bowel syndrome and gastroesophageal reflux The main causes of these diseases include genetic predisposition unhealthy lifestyles pharmacological therapies and infections Regardless of the specific disorder it is known to cause considerable discomfort and a reduced quality of life for those affected and there is increasing evidence that damage to the gastrointestinal tract can influence the development of

metabolic diseases For example impaired release of gut hormones responsible for signaling the feeling of satiety could be associated with the occurrence of obesity long term alterations in the composition of the gut microbiota may play a role in the development of metabolic diseases among others *Advances in Novel Drugs and Targets for Hepatic and Gastrointestinal Diseases* Yong Gao,Aijun Qiao,Xiaoying Yang,2024-01-29 The global incidence of gastrointestinal and hepatic diseases has been gradually increasing in recent years which seriously threatens human health and increases the economic burden More importantly gastrointestinal and hepatic malignancies have the highest incidence and mortality rates among all tumors such as liver cancer stomach cancer colon cancer and pancreatic cancer There are also non neoplastic diseases such as viral hepatitis cirrhosis nonalcoholic steatohepatitis chronic atrophic gastritis ulcerative colitis and reflux esophageal disease that also affect patients quality of life Although progress has been made in the pathogenesis of gastrointestinal and hepatic diseases and corresponding therapeutic drugs have been also developed the specific mechanisms of the diseases are still not revealed and there is a lack of specific drugs In view of this this topic aims to explore new molecular mechanisms of pathogenesis and potential therapeutic agents and pharmacological effects of gastrointestinal and hepatic diseases

**Nutritional Care of the Patient with Gastrointestinal Disease** Alan L Buchman,2015-08-03 Nutritional management is an integral part of the management for virtually all gastrointestinal diseases Nutritional Care of the Patient with Gastrointestinal Disease fills a current void in nutritional education by providing a reference for diagnosing and managing common nutritional issues related to gastrointestinal disease Its separation into *Intestinal Metaplasia: Pathophysiology, Diagnosis, and Comprehensive Management* Dr. Spineanu Eugenia,2025-02-19 Intestinal Metaplasia Pathophysiology Diagnosis and Comprehensive Management is an in depth medical treatise that explores the complex condition of intestinal metaplasia This authoritative resource delves into the anatomy cellular biochemistry and histological features of the gastrointestinal tract providing a thorough understanding of the mechanisms behind metaplasia It covers essential topics such as genetic and epigenetic factors environmental influences and the molecular pathways involved The treatise also offers detailed sections on clinical evaluation diagnostic imaging and histopathological examination Treatment strategies including pharmacological interventions surgical options and emerging therapies are extensively discussed Additionally it emphasizes the importance of lifestyle modifications such as diet exercise and stress management in managing intestinal metaplasia Designed for medical professionals researchers and students this comprehensive guide combines current research findings with practical insights making it an indispensable resource for understanding and managing this condition



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