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ISSUE HIGHLIGHTS

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WHAT'S HOT IN THE LITERATURE

Nutrition in cirrhosis: Recommend a bedtime snack

Clin Med (Lond)

In this review, evidence-based practices that can improve muscle mass and/or strength in patients with cirrhosis were identified. This includes a bedtime snack of 50 grams

carbohydrate, which has been shown to increase total body protein in persons with cirrhosis over time. A morning snack does not have the same benefit, as it does not protect against muscle catabolism overnight. Frequent, high-protein meals throughout the day are also recommended. [Read More](#)

Review by Prof. Mark Topazian (USA)

Endoscopic removal of Gastrointestinal Stromal Tumors (GIST)

Endosc Int Open

Gastroenterologists used to refer patients with GIST to surgery. Recently, third-space endoscopy is progressively increasing all over the world. Different methods of endoscopic resection of GIST have been proposed namely Endoscopic Full Thickness Resection (EFTR) and Submucosal Tunnel Endoscopic Resection (STER). Philip Wai Yan Chiu and his colleagues from Hong Kong retrospectively reviewed 46 patients with GIST less than 4cm and compared STER with EFTR. Patients who received EFTR had longer hospital stays and slower resumption of diet compared to those who underwent STER. EFTR achieved a significantly higher rate of en-bloc resection compared to STER for treatment of gastric GIST. [Read More](#)

Review by Prof. Hany Dabbous (Egypt)

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GI NEWS AROUND THE WORLD

Efficacy improvement observed in nivolumab combo in advanced GI cancers

Cancer Network

Overall survival and progression-free survival rates were improved when first-line nivolumab (Opdivo) plus chemotherapy was given to patients with advanced or metastatic gastric cancer, gastroesophageal junction cancer, or esophageal adenocarcinoma,

according to a study presented at the 2024 Gastrointestinal Cancers Symposium. [Read More](#)

Hypoxia visualized by endoscopy as an indicator for assessing bowel urgency and ulcerative colitis disease activity

University of Tsukuba via Medical Xpress

Ulcerative colitis is a chronic colitis of indeterminate origin, characterized by continuous inflammation spreading from the rectum. Common symptoms include diarrhea, bloody stool and bowel urgency. The initial treatment goal is to alleviate these clinical symptoms; however, the ultimate aim is to achieve a thorough resolution of the endoscopic inflammation of the colonic mucosa. [Read More](#)

FDA grants breakthrough device designation to Amadix's blood test for colorectal cancer

Healio

The FDA has granted breakthrough device designation to Amadix's PreveCol, a blood test for early detection of colorectal cancer, intended to screen adults aged 45 years or older without apparent symptoms, according to a company release. [Read More](#)

Anti-L-23 agents effective after prior UC treatment failure

Gastroenterology & Endoscopy News

Two different monoclonal antibodies targeting the interleukin-23 p19 subunit achieved all of their efficacy end points in their respective placebo-controlled, phase 3 induction trials of ulcerative colitis patients with advanced and largely refractory disease. [Read More](#)

Risk of gastrointestinal cancers translates to one in 12 people developing, and one in 16 people dying from, gastrointestinal cancers

News-Medical

A study published in The Lancet Gastroenterology and Hepatology estimated the lifetime risk of gastrointestinal cancer and associated mortality, highlighting that gastrointestinal cancers account for one-fourth of all cancer cases and a third of cancer deaths worldwide. This risk is influenced by demographic changes and competing risks from other causes of death. [Read More](#)

WGO NEWS

Gut



Free to
access

Commentary Series

Digestive health and climate change



Read Today

EVENTS CALENDAR

Annual Meeting of the Norwegian Gastroenterology Association 2024

When: February 8-10, 2024

Location: Lilliehammer, Norway

Organizer(s): Norwegian Gastroenterology Association

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HUG 2024

When: March 14-16, 2024

Location: Seoul, Korea

Organizer(s): Korean College of Helicobacter and Upper Gastrointestinal Research

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APASL 2024

When: March 27-31, 2024

Location: Kyoto, Japan

Organizer(s): Asian Pacific Association for the Study of the Liver

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Scrubs and Heels Leadership Conference 2024

When: April 12-14, 2024

Location: Miami, Florida

Organizer(s): Scrubs and Heels

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