



Optimal Care Gastroenterology

Evidence driven~Better outcomes~Lower cost

SCREENING FOR COLORECTAL CANCER

- ✓ Assuming that all eligible receive colon cancer screening is more important than determining the specific screening tool.
- ✓ Five-year colonoscopy screening interval is indicated if first degree relative under the age of 60 had either colon cancer or an adenoma >10mm in size.¹
- ✓ Colon cancer incidence virtually identical over age 75 with or without screening.²
- ✓ Surveillance for 1-2 small adenomas can be every ten years.
- ✓ Colonoscopy not routinely indicated for constipation if CRC screening is up to date per AGA guidelines.
- ✓ Fecal DNA testing (Cologuard) is approximately the equivalent cost of colonoscopy but may result in a lower need for surveillance colonoscopy for low risk adenomas as these are detected less frequently.³

SCREENING AND TESTING FOR GASTROENTEROLOGY

- ✓ Esophagogastroduodenoscopy (EGD) is indicated for Gastroesophageal Reflux Disease (GERD) if failure of one month of BID PPI therapy or red flag symptoms present.
- ✓ Red flag symptoms for early EGD are dysphagia, weight loss or iron deficiency anemia.
- ✓ Barrett's esophagus surveillance should be every five years in the absence of dysplasia.⁴
- ✓ Prevalence of Nonalcoholic Fatty Liver Disease (NAFLD) is 30% of the population and accounts for 75% of chronic liver disease.
- ✓ Risk of Nonalcoholic Steatohepatitis (NASH) with NAFLD is 5% and risk of cirrhosis with NAFLD is 1-2%.⁵
- ✓ Aggressive management of obesity and DM2 are the most effective approaches to treating NAFLD.
- ✓ Ultrasound for hepatic cancer surveillance in cirrhosis is as effective as CT or MRI.⁵

TREATMENT

- ✓ OTC laxatives, particularly MiraLAX, (polyethylene glycol) are generally as safe and effective as brand name drugs.
- ✓ Cost of brand name drugs for constipation ranges from \$4,700 to \$38,000 yearly.
- ✓ Consider prophylactic Proton-Pump Inhibitors (PPI) therapy if aspirin is indicated at age 75 or older - NNT over five years to prevent major bleed with PPI if on aspirin = 23.⁶
- ✓ PPI's can often be weaned in chronic GERD if done slowly to prevent rebound hyperacidity.



SHARED DECISION-MAKING

- ◆ Consider costs related to site of service and choice of sedation when ordering endoscopic procedures.
- ◆ When patients are provided accurate information on the various CRC screening tests, they choose colonoscopy less frequently.

1. United States Preventive Services Taskforce. Colorectal cancer: Screening. Final recommendation statement. June 15, 2016. [uspstf/recommendation/colorectal-cancer-screening](https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/colorectal-cancer-screening). Retrieved August 04, 2020.
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4. *Gastroenterology*. 2011;140(3):1084-1091. doi:10.1053/j.gastro.2011.01.030.
5. *New England Journal of Medicine*. 2017;377(21):2063-2072. doi:10.1056/nejmra1503519.
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