

Non endoscopic predictors of esophageal varices

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Background: Esophageal varices are serious consequence of portal hypertension in patient with liver diseases. The objective of this research was to assess the diagnostic efficiency and usefulness of non-invasive markers of cirrhosis in the context of esophageal varices.

Methods: This cross sectional study was conducted in NAMS, Bir Hospital among 64 patients who met the selection criteria. After randomization, they were subjected to a screening endoscopy and a blood analysis. SPSS statistical analysis software was use to analyze data. T-test and one way ANOVA were used to find mean differences, and ROC curves were used to establish cutoff points.

Results: Out of 64 patients, majorities were of age group 50-60 years and the mean age was 51.2 ± 9.6 years. Most of the cases presented in Child Pugh's Class A, and 70% of them have Ascites on presentation. Oesophageal varices were detected in 59% and 71% of male and female patients on screening endoscopies respectively. Mean platelet counts, serum albumin levels were significantly lower and splenic

diameter was significantly higher (138.7 ± 19.73). The platelet count / splenic diameter ratio was significantly lower with both the occurrence of varices and the severity of varices as compared to patients without varices (746.2 ± 201.3 and 1562 ± 322.4) (with a significant $p < 0.05$) respectively.

Conclusion: The findings of this study suggest that non-invasive and non-endoscopic markers like Platelet count, Serum Albumin Levels, Splenic Diameter and the Platelet count/splenic diameter ratio can be used as markers to detect the presence of esophageal varices in patients that do not undergo UGI endoscopy.

Speaker Biography

Dipak Baral has completed MD from Bir Hospital, NAMS, Kathmandu, Nepal and interventional endoscopy from Kathmandu University. He is the Member of European Society of Gastrointestinal Endoscopy. He is working currently as a Consultant Physician and Endoscopist at Life Line Hospital Jhapa Nepal. He has several publications in international journal.

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