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Management of bleeding and artificial gastric ulcers associated with endoscopic submucosal dissection

Yosuke Muraki, Shotaro Enomoto, Mikitaka Iguchi, Mitsuhiro Fujishiro, Naohisa Yahagi, Masao Ichinose

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tasis, mainly by thermo-coagulation hemostasis using hemostatic forceps, is important. In addition, because of iatrogenic artificial ulcers that always form after ESD, endoscopic hemostasis and appropriate pharmacotherapy during the healing process are essential.

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Key words: Artificial ulcer; Endoscopic hemostasis; Endoscopic submucosal dissection; Gastric epithelial neoplasia; Hemostatic forceps

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Abstract

Endoscopic submucosal dissection (ESD), an endoscopic procedure for the treatment of gastric epithelial neoplasia without lymph node metastases, spread rapidly, primarily in Japan, starting in the late 1990s. ESD enables en bloc resection of lesions that are difficult to resect using conventional endoscopic mucosal resection (EMR). However, in comparison to EMR, ESD requires a high level of endoscopic competence and a longer resection time. Thus, ESD is associated with a higher risk of adverse events, including intraoperative and postoperative bleeding and gastrointestinal perforation. In particular, because of a higher incidence of intraoperative bleeding with mucosal incision and submucosal dissection, which are distinctive endoscopic procedures in ESD, a strategy for endoscopic hemo-

INTRODUCTION

Endoscopic submucosal dissection (ESD) is a novel endoscopic procedure developed in the 1990s^[1,2], and is characterized by the use of electro-surgical knives for mucosal incision and submucosal dissection^[3-15]. In ESD, the resected size and shape of tumors can be controlled, and even lesions difficult to resect by endoscopic mucosal resection (EMR) can be resected en bloc by ESD. As this technique permits en bloc resection of tumors, ESD has the advantages of enabling accurate pathological assessment and reducing the risk of local recurrence^[2,16-19].

However, ESD requires a higher level of endoscopic competence than EMR. In addition, as a result of ESD being used to treat larger lesions and lesions with ulcerative findings, operation time is longer, with a higher risk

of adverse events such as bleeding and gastrointestinal perforation^[20-29]. The incidence of procedure-related bleeding is higher with ESD than with EMR, and to permit safe completion of ESD, control of bleeding is very important. In this article, we discuss the characteristics of ESD-related bleeding (intraoperative and postoperative bleeding) and endoscopic hemostasis. Furthermore, to prevent postoperative bleeding, we also discuss the pharmacotherapy of artificial ulcers after ESD.

ENDOSCOPIC HEMOSTASIS USING HEMOSTATIC FORCEPS

Endoscopic hemostatic methods for peptic ulcers include various techniques, such as local injection of hypertonic saline-epinephrine (HSE) and ethanol, mechanical hemostasis using endoscopic hemoclips, and thermo-coagulation hemostasis^[30,31]. Local injection of HSE alone is inferior to combination therapy with other hemostatic methods, but the clear superiority of any one method has not been definitively established^[32]. Thermo-coagulation devices include contact thermal devices such as heater probes and hemostatic forceps, and non-contact thermal devices such as an argon plasma coagulator^[33,34].

For hemostasis of ESD intraoperative bleeding, Enomoto *et al.*^[35] reported the usefulness of a method of thermo-coagulation hemostasis using monopolar hemostatic forceps in combination with an endoscope equipped with a water-jet system. Hemostatic technique in ESD, which differs from hemostasis for usual gastrointestinal bleeding, is often characterized by the need for repeated hemostasis during both mucosal incision and submucosal dissection. In addition, precise hemostatic maneuvers are required, in order not to interfere with the subsequent procedure after hemostatic treatment^[36,37]. Therefore, hemostatic forceps, which enable reliable hemostasis when, with re-holding of the ruptured vessels permissible several times before coagulation, bleeding points can be accurately grasped, are useful for hemostasis in ESD-related bleeding^[38,39] (Figure 1).

With wider use of ESD, hemostasis using hemostatic forceps has become routine at medical centers, and its usefulness for bleeding from exposed vessels at the base of peptic ulcers has also been reported^[40,41]. Moreover, the usefulness not only of monopolar, but also of bipolar hemostatic forceps, has been reported^[42].

MANAGEMENT OF BLEEDING DURING AND AFTER ESD

ESD-related bleeding includes intraoperative bleeding associated with procedures such as mucosal incision and submucosal dissection, and delayed bleeding, which occurs postoperatively from exposed vessels at ulcer bases. Appropriate management of each type of bleeding is required.

Endoscopic hemostasis for intraoperative bleeding

In ESD, the incidence of intraoperative bleeding, which

is to some degree unavoidable given the nature of techniques such as incision and dissection, is as high as 22.6%^[16]. In particular, with ESD for lesions in the upper third of the stomach, because of abundant vessels in the submucosa, the incidence of intraoperative bleeding is relatively high^[43]. To predict intraoperative bleeding, identification of the submucosal vascular structure by preoperative endoscopic ultrasonography can be useful^[44].

Of the series of techniques in ESD, bleeding is inevitable with submucosal local injection and mucosal incision because they are blind procedures in the vascular-rich submucosal tissue. To produce higher hemostatic ability, a small amount of epinephrine to a concentration of 0.0005% is added to the submucosal cushion (glyceol, Chugai Pharmaceutical Co., Tokyo Japan). On the other hand, during submucosal dissection, bleeding can be avoided at all sites by making every effort to visually identify vessels and not perform dissection blindly. Oyama *et al.*^[45] noted that identification of vessels prior to submucosal dissection and prophylactic thermo-coagulation are most important in preventing ESD intraoperative bleeding. Toyonaga *et al.*^[13,46] stated that knowing the correct layer of the submucosa containing fewer vessels and existing fibrous tissue, is important in reducing ESD intraoperative bleeding.

When bleeding occurs during ESD, by washing out the blood with the water-jet system and using a transparent attachment hood, a clear visual field can be maintained, and bleeding points can be rapidly identified^[35]. For bleeding from vessels smaller than the electrosurgical knife tip or arm, hemostasis by thermo-coagulation with the knife is usually possible. For bleeding from vessels larger than the electrosurgical knife tip or arm, or bleeding for which hemostasis with the knife is difficult, hemostatic forceps are used (Figure 2). Fujishiro *et al.*^[47] reported that hemostatic forceps for vessels smaller than 2 mm in diameter, and hot biopsy forceps for vessels larger than 2 mm in diameter, are useful. When hemostasis by thermo-coagulation cannot be achieved, hemostasis using endoscopic hemoclips is necessary, so that subsequent procedures are not hindered.

Hemostasis for delayed bleeding

Delayed bleeding after ESD occurs in 0%-9% of cases^[6,16,18,28,48-54] (Table 1). For resected lesions located in the middle and lower third of the stomach, the incidence is higher. Bleeding occurs when vessels at ulcer bases rupture due to physical stimulation by peristalsis or due to chemical stimulation, for example, by bile reflux^[48]. Delayed bleeding often occurs within 24 h postoperatively and is related to lesion location, size, and ulcer findings^[48,55]. For delayed bleeding, in almost all cases, hemostasis is achieved with urgent endoscopic hemostasis^[56]. However, cases requiring vascular embolization because endoscopic hemostasis could not be achieved^[57], and cases complicated by disseminated intravascular coagulation the day after delayed bleeding^[58] have been reported, so caution is necessary.

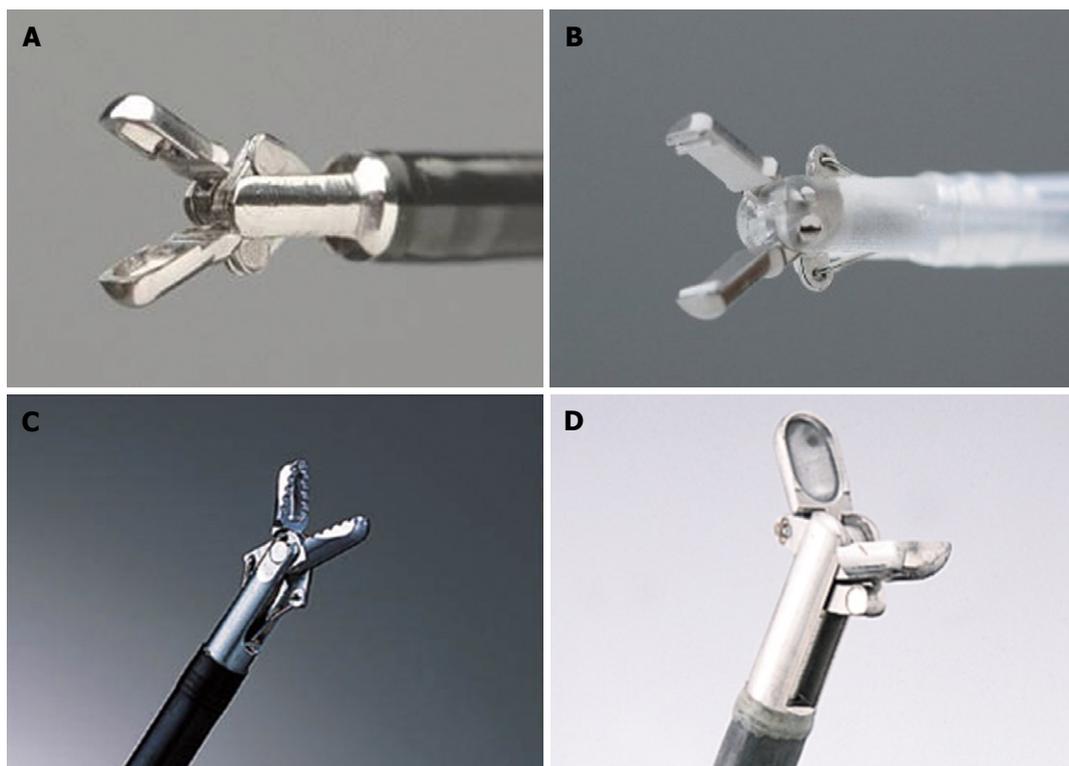


Figure 1 Hemostatic forceps tips. A: Monopolar hemostatic forceps (HDB2422W; Pentax, Tokyo, Japan); B: Bipolar hemostatic forceps (H-S2518; Pentax, Tokyo, Japan); C: Hemostatic forceps (Coagrasper: FD-410LR; Olympus, Tokyo, Japan); D: Hot biopsy forceps (FD-1L-1; Olympus, Tokyo, Japan).

Table 1 Delayed bleeding rate of endoscopic submucosal dissection for gastric epithelial neoplasia

Author	Year	Total cases	Delayed bleeding (%)	En bloc resection rate (%)
Oda <i>et al</i> ^[48]	2005	945	6	93
Kakushima <i>et al</i> ^[49]	2006	383	3.4	91
Imagawa <i>et al</i> ^[18]	2006	196	0	93
Onozato <i>et al</i> ^[50]	2006	171	7.6	94
Oka <i>et al</i> ^[16]	2006	195	6.2	83
Hirasaki <i>et al</i> ^[51]	2007	112	7.1	96
Ono <i>et al</i> ^[6]	2008	161	8.7	99
Hoteya <i>et al</i> ^[52]	2009	572	4.9	95
Isomoto <i>et al</i> ^[53]	2009	510	1.8	95
Tsuji <i>et al</i> ^[54]	2010	398	5.8	NA
Akasaka <i>et al</i> ^[28]	2011	1188	3.1	95

NA: Not analyzed.

To prevent delayed bleeding, prophylactic coagulation of exposed vessels at the bases of artificial ulcers that occur after ESD lesion resection is very useful. According to Takizawa *et al*^[59], the cause of delayed bleeding is due more to insufficient prophylactic thermo-coagulation than insufficient primary hemostasis during ESD^[60], because the site of delayed bleeding is not the site of endoscopic hemostasis during surgery. In addition, a study has been conducted on the prevention of delayed bleeding by evaluation of blood flow at ulcer bases using endoscopic Doppler ultrasound (US). Uedo *et al*^[61], based on blood flow detected using Doppler US, reported that, by coagulation of vessels seen at artificial

ulcer bases after ESD lesion resection, delayed bleeding is reduced, and unnecessary thermo-coagulation of vessels without blood flow can be avoided. On the other hand, Choi *et al*^[62] reported that prophylactic closure of gastric EMR-induced ulcers with metal hemoclips prevent delayed bleeding.

In 2008, a survey of treatment methods for peptic and artificial ulcer bleeding was conducted at nine departments of high-volume center hospitals in Japan^[63]. For endoscopic hemostasis of peptic ulcer bleeding, the number one method used was clipping (32.9%), followed by coagulation forceps (23.5%). In contrast, for artificial ulcer bleeding, coagulation forceps (77.8%) were used significantly more. In addition, the proportion of patients who underwent second-look endoscopy, compared to peptic ulcers, was significantly lower for artificial ulcers (86% and 71%, respectively).

The effectiveness of second-look endoscopy after hemostasis of peptic ulcer bleeding has previously been shown^[64,65]. However, according to Goto *et al*^[66], for artificial ulcers, no significant difference in the incidence of delayed bleeding before and after second-look endoscopy was found. This suggests that delayed bleeding after ESD, irrespective of whether second-look endoscopy is performed, may develop. However, for artificial ulcers located in the lower third of the stomach, compared to ulcers located in the upper and middle third of the stomach, because delayed bleeding occurs earlier, careful follow-up observation or early second-look endoscopy may be useful^[54,66].

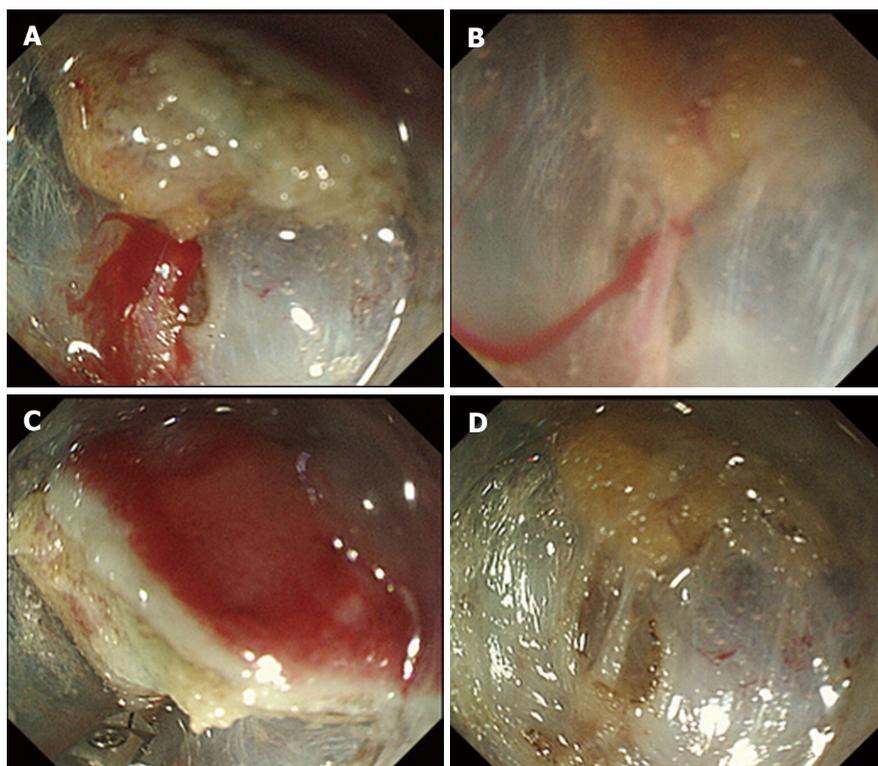


Figure 2 Hemostatic procedure for endoscopic submucosal dissection intraoperative bleeding using hemostatic forceps. A: Pulsatile bleeding is observed during submucosal dissection; B: By filling the tip attachment with water, the bleeding point can be pinpointed and identified; C: After identifying the bleeding point, the vessel is securely grasped by hemostatic forceps, and thermo-coagulation is performed; D: Complete hemostasis is achieved, without excessive coagulation.

MANAGEMENT OF ARTIFICIAL GASTRIC ULCERS AFTER ESD

Pharmacotherapy of artificial ulcers that develop after ESD lesion resection is also important to prevent delayed bleeding. However, management must take into account the differences in etiology between peptic ulcers and artificial ulcers after ESD.

Comparison of peptic ulcers and artificial ulcers

Currently, proton pump inhibitors (PPIs) are the drugs of first choice for treatment of peptic ulcers, and when a PPI cannot be used, an H₂-receptor antagonist (H₂RA) is selected. Treatment is generally for 8 wk. A meta-analysis of ulcer healing rates reported significantly higher ulcer healing rates with PPIs than with H₂RAs^[67,68]. In addition, in a meta-analysis of the efficacy of preventing recurrence of bleeding gastric ulcers, no differences in rebleeding rates, surgical intervention rates, or mortality rates between the two classes of drugs were reported^[69].

The etiology of artificial ulcers after gastric ESD and peptic ulcers also differs greatly^[70]. First, peptic ulcers develop, at least in part, due to hyperacidity, whereas artificial ulcers form in a hypoacidic environment in which there is severe mucosal atrophy. Second, peptic ulcers develop at sites where there is breakdown of gastric mucosal defense mechanisms, whereas artificial ulcers occur iatrogenically at sites where mucosal defense mechanisms are intact. Third, peptic ulcers include ulcers deeper than the submucosa, and inflammation spreads in the ulcer periphery, whereas artificial ulcers, because they basically occur due to submucosal dissection, are relatively shallow ulcers down to the submucosa, and the inflamma-

tion is localized. Despite these differences, treatment of an artificial ulcer after gastric ESD, based on treatment for a peptic ulcer, is empiric, with an anti-acid drug for 8 wk^[63] (Table 2).

Anti-acid drugs for artificial ulcers

For artificial ulcers that develop after ESD for gastric mucosal lesions without preoperative ulcer findings, Kakushima *et al*^[71] reported that healing occurred within 8 wk with PPI administration for 8 wk, irrespective of ulcer size or location. In addition, factors that influence artificial ulcer healing such as artificial ulcer size, location, *Helicobacter pylori* infection status, and extent of gastric mucosal atrophy had no effect. However, with fibrosis deeper than the submucosa of lesions prior to ESD, healing may be delayed^[72,73]. According to Huang *et al*^[74], although the recurrence rate of ESD artificial ulcers is lower than that of peptic ulcers, *Helicobacter pylori* infection and lesion ulcer findings are risk factors for recurrence. In contrast, Oh *et al*^[75] reported that, because the extent of healing of artificial ulcers 4 wk after ESD is determined by the size of the ulcer initially formed, the duration of PPI treatment should be decided based on this parameter.

For artificial ulcers after EMR, Lee *et al*^[76] compared PPIs in 1-wk and 4-wk treatment groups. They found that, after 4 wk, ulcer size, stage, subjective symptoms, and use of other mucosal-protective antiulcer drugs did not significantly differ between the groups. Niimi *et al*^[77] reported that administration of PPI for 2-wk for artificial ulcers after ESD may be sufficient to help them heal. These results suggest that, for artificial ulcers, unlike peptic ulcers, the importance of acid secretion inhibition

Table 2 Healing process of gastric artificial ulcers after endoscopic submucosal dissection

Author	Year	Total cases	Drugs administration	Weeks	Ulcer healing rate (%)		Average ulcer size	
					4 wk	8 wk	Maximal diameter (mm)	Resected area (mm ²)
Kakushima <i>et al</i> ^[77]	2004	70	PPI + sucralfate	8	NA	100	34.7	NA
Lee <i>et al</i> ^[76]	2004	26	OPZ 20 mg	1	12	NA	NA	503
		34	OPZ 20 mg	4	15	NA	NA	575
Yamaguchi <i>et al</i> ^[78]	2005	29	OPZ 20 mg	8	NA	NA	27.8	NA
		28	Famotidine 40 mg	8	NA	NA	22.4	NA
Uedo <i>et al</i> ^[79]	2007	73	RPZ 20 mg	8	NA	83	41	NA
		70	Cimetidine 800 mg	8	NA	89	40.5	NA
Asakuma <i>et al</i> ^[80]	2009	28	RPZ 20 mg + ES 3.0 g	8	40.7	96.3	NA	1306
		28	RPZ 20 mg	8	11.5	76.9	NA	1274
Kato <i>et al</i> ^[81]	2010	31	RPZ 10 mg + rebamipide 300 mg	4	68	NA	35	NA
		31	RPZ 10 mg	4	35	NA	31	NA
Fujiwara <i>et al</i> ^[82]	2011	30	RPZ 20 mg + rebamipide 300 mg	8	NA	86.7	41	1453
		31	RPZ 20 mg	8	NA	54.8	42.8	1521
Niimi <i>et al</i> ^[77]	2011	55	RPZ 10 mg	2	NA	80.0	32.7	NA

NA: Not analyzed; PPI: Proton pump inhibitor; OPZ: Omeprazole; RPZ: Rabeprazole; ES: Ecabet sodium.

in the ulcer healing process may be low.

Yamaguchi *et al*^[78] compared PPI-treatment and H2RA-treatment groups in patients with artificial ulcers after EMR. They reported no differences in the incidence of delayed bleeding or ulcer size at 30 d and 60 d postoperatively. They did state that artificial ulcers healed more easily than peptic ulcers, and they concluded that, for artificial ulcers with severe bleeding within 24 h after surgery, treatment with H2RA drugs, whose onset of inhibition of gastric acid secretion is more rapid than that with PPIs, is appropriate.

Uedo *et al*^[79] compared PPI-treatment and H2RA-treatment groups in patients with artificial ulcers after ESD. There were no differences in the incidence of delayed bleeding or ulcer healing rates between the groups. However, the cumulative non-bleeding rate using the Kaplan-Meier method was significantly higher in the PPI group. Moreover, on multivariate analysis, PPI treatment was an independent factor in reducing the rate of delayed bleeding. Their results suggested that PPIs are more effective than H2RAs for preventing ESD delayed bleeding.

For post-EMR ulcers and post-ESD ulcers, in terms of formation by endoscopic resection, with the exception of size, the pathophysiology is the same. However, in studies to date, with regard to ulcer healing and prevention of delayed bleeding when artificial ulcers are treated with acid secretion inhibitors, there is no agreement in the results. Regarding the need for and duration of treatment with acid secretion inhibitors for artificial ulcers, there is still room for debate.

Mucosal-protective antiulcer drugs in artificial ulcers

In the treatment of peptic ulcers, there is no evidence that combined therapy with a PPI and a mucosal-protective antiulcer drug is superior to a PPI alone. However, in artificial ulcers, an additive effect of mucosal-protective antiulcer drugs has been reported (Table 2). Asakuma *et al*^[80] compared combined therapy with a PPI

(rabeprazole 20 mg/d) and ecabet sodium (3.0 g/d) *vs* the PPI alone for artificial ulcers after ESD. At 4 wk and 8 wk, ulcer healing rates were significantly higher in the combined treatment group. In addition, Kato *et al*^[81] compared combined therapy with a PPI (rabeprazole 10 mg/d) and rebamipide (300 mg/d) *vs* the PPI alone for artificial ulcers after ESD. At 4 wk, the ulcer scarring rate was significantly higher in the combined treatment group. Similarly, Fujiwara *et al*^[82] compared combined therapy with a PPI (rabeprazole 20 mg/d) and rebamipide (300 mg/d) *vs* the PPI alone for artificial ulcers after ESD. At 8 wk, the ulcer scarring rate was significantly higher in the combined treatment group.

Thus, among the mucosal-protective antiulcer drugs, there are drugs that accelerate ulcer healing. This may be attributable to differences in the etiology between artificial ulcers and peptic ulcers, as previously mentioned, but further evidence must be accumulated.

CONCLUSION

With the increasing use of ESD for gastric epithelial neoplasia, management of ESD-related bleeding and artificial ulcers after lesion resection has become an important issue not only in Japan, but throughout the world. Therefore, more effective endoscopic hemostatic methods and appropriate pharmacotherapy of artificial ulcers, taking into account their etiology, are becoming increasingly important. Moreover, safer and more reliable ESD techniques must be developed.

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Esophageal squamous cell carcinoma - precursor lesions and early diagnosis

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Abstract

Squamous cell carcinoma of the esophagus (SCCE) carries a poor prognosis due to late diagnosis. Early detection is highly desirable, since surgical and endoscopic resection offers the only possible cure for esophageal cancer. Population screening should be undertaken in high risk areas, and in low or moderate risk areas for people with risk factors (alcoholics, smokers, mate drinkers, history of head and neck cancer, achalasia and lye stricture of the esophagus). Esophageal balloon cytology is an easy and inexpensive sampling technique, but the current methods are insufficient for primary screening due to sampling errors. Conventional endoscopy with biopsy remains the standard procedure for the identification of pre-malignant and early malignant changes in esophageal mucosa and endoscopic detection. It may be enhanced by several techniques such as dye and optic chromoendoscopy, magnifying endoscopy, and optical-based

spectroscopic and imaging modalities. Since more than 80% of SCCE deaths occur in developing countries, where expensive techniques such as narrow band imaging (NBI) and autofluorescence imaging are unavailable, the most cost-effective tool for targeting biopsies may be Lugol dye chromoendoscopy, since it is easy, accurate, inexpensive and available worldwide. In ideal conditions, or in developed countries, is it reasonable to think that optimal detection will require a combination of techniques, such as the combination of Lugol's chromoendoscopy and NBI to identify esophageal areas that require further characterization by a high resolution technique. The efficacy and cost-effectiveness will determine whether these modalities will become part of standard endoscopy practice.

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Key words: Autofluorescence endoscopy; Early diagnosis; Esophageal cancer; Esophageal squamous cell carcinoma; Lugol's solution; Narrow-band imaging endoscopy

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INTRODUCTION

The cancers arising from the esophageal mucosa, including squamous cell carcinoma (SCCE) and adenocarcino-

ma (ADC), are the eighth most common cancers worldwide, with 482 000 new cases estimated in 2008, and are the sixth most common cause of death from cancer with 4 070 000 deaths in the same year^[1]. The majority of new cases occur in developing countries accounting for 83% of cases and 86% of deaths, with incidence ratios varying 16-fold between high incidence regions, such as Southern and Eastern Africa and Eastern Asia, and low incidence regions like Western and Middle Africa and Central America^[2]. SCCE is still the most frequent histological type worldwide, even after the 400% increase in the prevalence of ADC in the United States^[3,4] and in some countries in Western Europe^[5,6] where ADC accounts for more than 80% of new cases^[7]. Indeed, the predominance of SCCE is due to its high prevalence in Eastern Asia, as it is observed in some provinces of China, Turkey and Iran, where as much as 120 to 175 new cases are diagnosed per 100 000 inhabitants each year^[8]. Intermediate prevalence of SCCE has been observed in France^[6], Southern and Eastern Africa^[9], and in some countries of South America such as Uruguay, southeast Argentina and southern Brazil, where SCCE still accounts for more than 80% of esophageal cancers^[10].

Esophageal cancers carry a high mortality mainly due to its late diagnosis, with a five-year survival of less than 10%^[11]. More than 70% of diagnosis are made in patients presenting with dysphagia and weight loss, clinical findings frequently observed in patients in at least stage II disease^[12,13]. In developing countries more than 90% of diagnosis of esophageal cancers are at stage II to IV with only 15% to 30% of patients elected for curative surgery^[14]. Early diagnosis is uncommon even in developed countries such as France, Japan and the United States, where stage I accounts for just 4% to 25% of new diagnosis^[13,15]. This negatively affects the 3- and 5-year survival of patients submitted to multimodality treatments, reaching between 8% to 40% and 5% to 15%, respectively^[16]. Diagnosis of early stage lesions is still the best way to improve the chances of cure and survival.

The heterogeneity of risk factors, the differences in geographic distribution and the ethnic groups at risk, make it really difficult to rely on serologic markers for the diagnosis of SCCE. Some attempts have been made, but none of them can be used in clinical practice, due to their low sensitivity^[17] or lack of confirmatory values for the diagnosis of early SCCE^[18-21]. Since serologic tests are not clinically available yet, more invasive tests are still needed to diagnose SCCE.

Therefore, the aim of the current article is to review some of the most recent efforts that have been made to enhance early diagnosis of SCCE and its precursor lesions.

DEFINITION OF EARLY DIAGNOSIS

Invasive SCCE develops from intraepithelial neoplasia, such as dysplasia and carcinoma *in situ*, that reaches the lamina propria and extends beyond the submucosa^[22].

In a recent Italian study by Ancona and colleagues^[23], patients with lesions that were restricted to the esophageal mucosa did not present lymph node metastasis, while lymph node metastasis were observed in 8.3% of patients with tumors restricted to the first third of the submucosa (Sm1). In fact, the diagnosis and treatment of such early stage lesions can improve the survival rates of SCCE, reaching a five-year survival rate of more than 90% after endoscopic or surgical treatment^[24].

For the purpose of this review, early esophageal SCCE will be considered high-grade dysplasia, carcinoma *in situ*, and tumors limited to the upper two thirds of the submucosa. These three types of lesions have a low rate of lymph node metastasis and present higher rates of cure and survival.

RISK FACTORS – WHO SHOULD BE SCREENED?

Early diagnosis of SCCE must not be based on symptoms, since they occur frequently in advanced disease, consequently, screening techniques must be used in asymptomatic individuals exposed to risk factors.

In high risk areas of the “esophageal cancer belt”, such as northern Iran, some provinces of north-central China and north Afghanistan, the main risk factors are poor nutritional and socioeconomic status^[25,26], exposure to polycyclic aromatic hydrocarbons (PAH)^[27-30], low intake of vegetables and fruits^[31], drinking hot beverages^[32,33] and there is probably a role for genetic factors^[34,35]. These risk factors affect the whole population in these high risk areas, and screening of SCCE in these populations must include the largest number of people that live in these places, with lower costs and less invasive devices.

In moderate and lower risk Western countries, the most important risk factors are the combination of tobacco smoking and excessive alcohol consumption^[36-44]. A previous diagnosis of head and neck squamous cell carcinoma has been observed to have a significant impact on the incidence of SCCE^[45-47]. Some areas of South America, such as southern Brazil, Uruguay, Paraguay and northwestern Argentina, have a moderate prevalence of SCCE which is influenced by ingestion of a hot beverage called *maté*. This hot beverage is an infusion of the leaves of *Ilex paraguayensis* that probably increases the risk of SCCE due to its high temperature^[33,38,48-51] and its high content of PAH^[52,53]. Some other risk factors that may contribute to SCCE are achalasia, previous radiotherapy for breast cancer, previous caustic injury to the esophagus and thylosis. SCCE screening in moderate and lower risk Western countries must be carried out in subjects exposed to the risk factors described above^[54].

CYTOLOGICAL SCREENING

In the late 1950s a new technique was developed in China to collect cells from the esophageal mucosa uti-

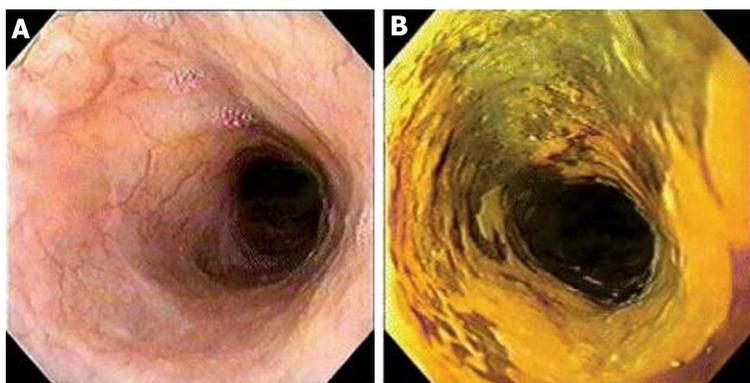


Figure 1 Conventional esophagoscopy and Lugol's chromoendoscopy. A: Conventional esophagoscopy presenting normal appearing mucosa; B: Lugol's chromoendoscopy disclosed an unstained area after multiple biopsies, the diagnosis was high-grade dysplasia.

lizing an inflatable balloon covered with a cotton web attached to the tip of a plastic catheter^[55]. This device was swallowed and passed down the esophagus to the gastric cardia with the balloon deflated. Once it reached the gastric cardia, the balloon was inflated with air using a 20mL syringe attached to the proximal end of the catheter, and the inflated balloon was gently withdrawn until it reached the upper esophageal sphincter, deflated and then completely withdrawn. The "Chinese Balloon" was designed to be used in multiple patients after simple washing techniques. Other rubber and mechanical disposable balloons and other devices such as sponges have been developed and used in several studies conducted in China which reported that exfoliative cytology may allow early diagnosis of SCCE^[55-59].

After collecting squamous cells using this method, slides are stained by the Papanicolaou technique and analyzed. Cytologic findings of atypical squamous cells of undetermined significance (ASCUS), low grade squamous intraepithelial lesions (LSIL), high-grade squamous intraepithelial lesions (HSIL) and carcinoma according to the Bethesda system for squamous cells^[60] must undergo upper digestive endoscopy to determine the presence of SCCE.

Many studies in China and one study in Brazil have shown that exfoliative cytology is a good way to collect squamous cells from the esophagus, however, the results of conventional cytology in the diagnosis of SCCE has been discouraging with sensitivities between 39% and 66%^[56-59,61-63].

Cytological samples collected using the methods described above are representative of the esophageal mucosa and it is possible that a molecular marker could increase the sensitivity of this inexpensive and simple technique. Immunocytochemical expression of p53 protein was tested recently in southern Brazil, but did not improve the yield of cytological analyses^[64]. Two studies have been conducted in China to detect molecular markers that could increase the sensitivity and specificity of balloon cytology^[65,66]. One of these studies, published by Adams and colleagues^[65], evaluated the presence of methylation in eight genes in esophageal balloon cytology specimens from 147 patients with endoscopic biopsy diagnoses ranging from normal mucosa through to severe squamous dysplasia. This study suggested that evaluation of gene methylation in cytological samples may have utility for the early detection of esophageal

squamous dysplasia and early SCCE, however, more sensitive methylation markers will be required for clinical use. The second study by McGruder and colleagues^[66] tested the telomerase activity measured by real time PCR in esophageal balloon samples in 8 patients from China, and the results seemed to enhance the accuracy of the cytological analysis, however, larger populations and different ethnic groups should be tested before this technique is used in clinical practice.

LUGOL'S DYE CHROMOENDOSCOPY – AN INEXPENSIVE AND SIMPLE SCREENING METHOD

Due to the low sensitivity of conventional endoscopy for the diagnosis of early SCCE^[67], new methods were required to evaluate the esophageal mucosa of high risk patients. During the 1990s, multiple reports on Lugol's dye chromoendoscopy were published and showed how easy, inexpensive and sensitive this method was for detecting early and late squamous cell neoplasia^[68-70]. It is based on the lack of absorption of the iodine stain by abnormal squamous tissue, such as inflamed, dysplastic or neoplastic lesions. The esophageal mucosa evaluation occurs during conventional endoscopy, when 10mL to 40 mL of 0.5% to 3% Lugol's solution is sprayed onto the esophageal mucosa which results in a green-brown, dark-brown, or black discoloration of normal mucosa lasting up to 5 to 8 min (Figure 1). Absence of staining indicates abnormal mucosa that can be biopsied. Lesions with a diameter smaller than 0.5 cm rarely show neoplastic lesions^[46].

One of the first reports of Lugol's dye chromoendoscopy was published by Misumi and colleagues in 1990^[71] and demonstrated that this method could reveal esophageal cancer in normal appearing mucosa under conventional endoscopy. Since then, many studies have been published and the use of this method has increased worldwide. Of great interest is a study conducted in China by Dawsey *et al.*^[68], where the method showed great sensitivity in revealing early and late SCCE in a high risk population in Linxian province. The same study showed that iodine staining improved the visualization of the lateral margins of the lesions, which was important in

guiding endoscopic biopsies and treatment.

Lugol staining of the esophagus has been used in different populations. Studies from Japan and from Brazil which examined alcoholic patients confirmed the significant sensitivity of this chromoendoscopic method when compared with conventional endoscopy^[69,72-74]. Patients with previous head and neck cancers were evaluated and similar results were obtained^[46,47,75].

The largest series on the use of Lugol's chromoendoscopy was a multicenter study from France published in 2006 by Dubuc and colleagues^[15]. This French study evaluated 1095 patients divided into 4 groups according to exposure to risk factors to SCCE as follows: group 1 –patients with previous diagnosis of head and neck or tracheobronchial squamous cell carcinoma; group 2 –patients with alcoholic pancreatitis; group 3 - patients with alcoholic cirrhosis; group 4 - alcohol and tobacco addicts. SCCE and/or dysplasia were observed in 9.9%, 0%, 7.3% and 2.9% in these groups, respectively. Conventional endoscopy detected only 35 esophageal lesions in these patients, while Lugol staining chromoendoscopy detected 67. The difference in diagnostic accuracy was more important for early lesions like low-grade dysplasia, since 77% of these lesions were observed only after spraying of the iodine dye. According to the authors, Lugol's chromoendoscopy must be used for SCCE screening of patients with previous head and neck or tracheobronchial squamous cell carcinoma.

The pitfalls in its use include increased duration of the procedure, the risk of allergic reactions to the iodine solution and chest pain in some patients^[68,70]. The duration of endoscopy is between 5 min and 10 min longer than conventional endoscopy^[68,70]. Chest pain and agitation during endoscopy are uncommon, and when they do occur they are easily managed. Indeed, these problems have been surpassed by the advantages of this simple, inexpensive, worldwide available and accurate method for diagnosing early squamous dysplasia and SCCE, when compared to conventional endoscopy^[15,46,47,68-72,74-76] and esophageal capsule endoscopy^[77].

NARROW-BAND IMAGING – A PROMISING OPTIC-BASED CHROMOENDOSCOPY

Narrow-band imaging (NBI) is a novel, noninvasive optical technique that uses reflected light to visualize the organ surface, and works as an optic-based chromoendoscopic method to detect early lesions^[78]. A single-touch of the control knob on the grip of the endoscope allows switching from the standard endoscopy to the NBI filter, emphasizing capillary vessels in the endoscopic images, with image processing in real time^[79], and identifying early squamous cell lesions as brownish, well demarcated lesions^[80]. NBI when used without magnification has high sensitivity, but a high rate of false-positive lesions, with results similar to Lugol's chromoendoscopy^[81].

Adding magnification to NBI increased the sensitivity and the specificity for the screening of early lesions

due to identification of intraepithelial papillary loop (IPCL) patterns such as dilatation, tortuosity, caliber change and variety in shape suggestive of mucosal high-grade neoplasia as shown by Yoshida *et al*^[79]. Ishihara and colleagues^[82] identified, in a multivariate analysis, that brownish epithelium and brownish dots were independent factors for the identification of early squamous neoplastic lesions, with an odds ratio of 25.5 [95% confidence interval (CI): 2.4–268] for brownish epithelium and 19.3 (95% CI: 1.8–207.7) for brownish dots. Brownish epithelium and brownish dots had a moderate interobserver agreement in this study. In the same study, IPCL patterns such as dilatation, tortuosity, caliber change and variety in shape were not associated with high-grade dysplasia.

As for Lugol's chromoendoscopy, the majority of studies on NBI have been conducted in previous head and neck cancer patients. The results are impressive with a sensitivity greater than 90% in this population^[80,81,83,84]. However, some pitfalls must be outlined: (1) endoscopes with the NBI system are more expensive than conventional endoscopes and Lugol's solution; and (2) the NBI technique requires expertise for application. Ishihara and colleagues^[85], showed that NBI, when used by less experienced endoscopists, had a sensitivity of 53% in diagnosing high-grade dysplasia.

AUTOFLUORESCENCE IMAGING – AN OPTIC-BASED CHROMOENDOSCOPY FOR MULTIMODALITY APPROACH

Autofluorescence imaging (AFI) is another optic-based chromoendoscopic device designed to detect early lesions. AFI neoplastic areas, that usually involve a thickening of the mucosal layer and increased hemoglobin, emit weaker autofluorescence compared to non-neoplastic areas. In this technique, non-neoplastic areas appear green in color, whereas neoplastic areas are purple or magenta. Some studies have been conducted in the screening of early squamous esophageal lesions and showed that AFI had a higher sensitivity than white-light endoscopy to detect superficial lesions (79% *vs* 51%, respectively), however, its accuracy was worse than Lugol's chromoendoscopy or NBI^[86,87].

CONCLUSION

Esophageal cancer is a common malignancy with a very poor prognosis. It represents a challenge in medical practice and in the field of public health. It is a devastating disease that continues to have a 5-year survival of less than 10% despite the advances in multimodality therapy. Since surgical and endoscopic resection offer the only possible cure for esophageal cancer, early detection via screening is appealing, particularly in high risk populations. However, so far, there are no guidelines for the screening of SCCE.

Esophageal balloon cytology is a patient-acceptable sampling technique, but the current methods are insufficient for primary screening due to sampling errors. Blind sampling of a large organ misses small lesions and morphologic evaluation of a small percentage of the cell sample misses rare abnormal cells. Molecular markers may be able to help, but the use of biomarkers has to wait for its validation and availability.

Currently there is no single test or testing series that screen for SCCE in a reliable and cost-effective manner, and conventional white light endoscopy with biopsy remains the standard procedure for the identification of pre-malignant and early malignant changes in esophageal mucosa. Endoscopic detection may be enhanced by several techniques such as dye and optic chromoendoscopy, magnifying endoscopy, and optical-based spectroscopic and imaging modalities.

Considering that esophageal cancer is a highly lethal disease, with about 80% of deaths occurring in developing countries, the most efficient and cost-effective tool for targeting biopsies may be Lugol dye chromoendoscopy, since it is an easy, accurate, inexpensive and worldwide available endoscopic technique. In areas of medium and low risk, individual cases should be considered for screening only if the risk and costs to the individual warrant aggressive screening and follow-up evaluation, such as in certain groups of subjects at high risk of the disease such as alcoholics, smokers, *mate* drinkers, previous head and neck cancer, achalasia and lye stricture of the esophagus.

In ideal conditions, or in developed countries where expensive techniques such as NBI and AFI are available, it is reasonable to think that optimal detection will require a combination of techniques. For example, a suspicious area could be identified initially by NBI or Lugol's chromoendoscopy, and then further characterized by a high resolution technique, such as confocal endoscopy. The diagnostic performance, availability and cost-effectiveness will determine whether these modalities will become part of standard endoscopy practice.

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Endoscopic submucosal dissection for esophageal granular cell tumor using the clutch cutter

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Abstract

Endoscopic submucosal dissection (ESD) with a knife is a technically demanding procedure associated with a high complication rate. The shortcomings of this method are the deficiencies of fixing the knife to the target lesion, and of compressing it. These shortcomings can lead to major complications such as perforation and bleeding. To reduce the risk of complications related to ESD, we developed a new grasping type scissors forceps (Clutch Cutter®, Fujifilm, Japan) which can grasp and incise the targeted tissue using an electrosurgical current. Esophagogastroduodenoscopy on a 59-year-old Japanese man revealed a 16mm esophageal submucosal nodule with central depression. Endoscopic ultrasonography demonstrated a hypoechoic solid tumor

limited to the submucosa without lymph node involvement. The histologic diagnosis of the specimen obtained by biopsy was granular cell tumor. It was safely and accurately resected without unexpected incision by ESD using the CC. No delayed hemorrhage or perforation occurred. Histological examination confirmed that the granular cell tumor was completely excised with negative resection margin. We report herein a case of esophageal granular cell tumor successfully treated by an ESD technique using the CC.

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Key words: Endoscopic submucosal dissection; Esophageal granular cell tumor; Clutch Cutter; Endoscopic therapy; Grasping type scissors forceps

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INTRODUCTION

Granular cell tumors (GCT) of the esophagus are rare neoplasms and their diagnosis is mainly based on histopathologic examination of endoscopic biopsies. At present, GCT treatment is not established. Until recently, management consisted of 2 relatively unsatisfactory options: observation without a definitive tissue diagnosis,

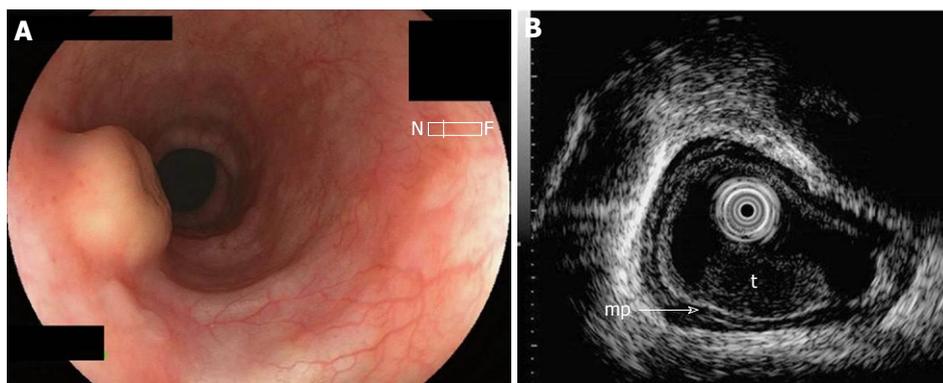


Figure 1 Pretherapeutic examinations of esophageal granular cell tumor. A: Endoscopic view of the yellowish submucosal tumor with a central depression in the middle esophagus; B: Endoscopic ultrasonography showing a hypoechoic solid tumor (t) in the submucosa; Arrow-mp: Muscularis propria.



Figure 2 Distal tip of the Clutch Cutter. The outer side of the forceps is insulated so that electrosurgical current energy is concentrated at the blade to avoid burning the surrounding tissue.

and surgical resection^[1]. Current advances in endoscopic techniques and technology have greatly enhanced the diagnosis and treatment of gastrointestinal malignancy. Endoscopic resection can greatly improve the management of submucosal tumors (SMT) of the gastrointestinal tract^[2-6]. SMT can be resected easily and safely using this treatment method. However, endoscopic resection of SMT is sometimes inappropriate for complete resection^[7]. Endoscopic submucosal dissection (ESD) has been reported to improve the rate of successful en-bloc resection in early GI tract tumors^[8]. Furthermore, ESD can accurately control the depth of submucosal exfoliation under endoscopic view. However, ESD, and particularly the process of submucosal dissection, is technically difficult and carries a high risk of perforation and bleeding^[9-12]. Conventional devices for submucosal incision such as the IT knife and needle knife merely bring the knife in contact with the submucosal tissue and cutting is performed using an electrosurgical current. These cutting methods without fixing the knife to the target have a potential risk of incomplete resections or major complications due to unexpected incision due to pulsation or respiratory movement. To resolve the problems related to ESD using a conventional knife, we have developed the Clutch Cutter (CC), which can accurately grasp

and incise the targeted tissue using an electrosurgical current^[13,14]. In our previous study of early gastric neoplasms, we resected 35 tumors safely and easily without unintentional incision by ESD using the CC^[15]. In this report, we first describe a new method of ESD using the CC for esophageal granular cell tumor.

CASE REPORT

Esophagogastroduodenoscopy (EGD) on a 59-year-old man revealed a 16mm esophageal submucosal nodule with a central depression (Figure 1A). The histologic diagnosis of the specimen obtained by biopsy was granular cell tumor. Subsequent endoscopic ultrasonography (EUS) demonstrated a hypoechoic solid tumor in the submucosa without lymph node involvement (Figure 1B). It was treated by endoscopic submucosal dissection using a newly developed grasping type scissors forceps (Clutch Cutter®, DP2618DT; Fujifilm, Odawara, Japan) (Figure 2)^[13] after obtaining written informed consent from the patient. A two channel multi-bending endoscope (GIF-2T240M; Olympus, Tokyo, Japan) was used in this case. During ESD, the patient was sedated with an intravenous injection of flunitrazepam (0.4 mg) and pethidine (35mg). The ESD technique using the CC was as follows: Marking dots were placed approximately a few millimeters outside the margin of the lesion with a hook knife (KD-620LR; Olympus, Tokyo, Japan) and a coagulation current 20W (Forced coagulation mode) created by an electrosurgical generator (ICC 200; Erbe, Tübingen, Germany). Next, a hyaluronic acid solution (MucoUp; Johnson and Johnson Co., Tokyo, Japan) mixed with a small volume of epinephrine and indigo carmine dye was injected into the submucosal layer around the target lesion to lift the entire lesion. The lesion was separated from the surrounding normal mucosa (Figure 3A) around the lesion with the CC using an electrosurgical current (Autocut mode 120W). A piece of submucosal tissue was grasped and cut with the CC (Autocut mode 120W) to achieve submucosal excision. During the submucosal dissection, ESD using the CC accurately controlled the depth of submucosal excision

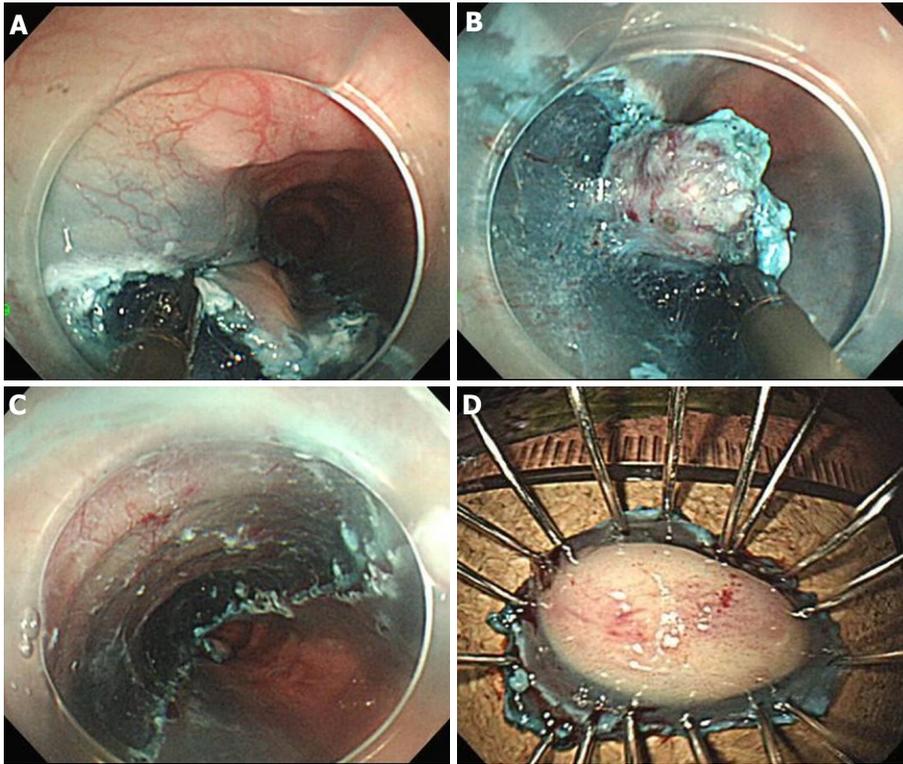


Figure 3 Endoscopic view of the procedure of endoscopic submucosal dissection using the Clutch Cutter. A: Endoscopic view of partial circumferential incision of the tumor using the Clutch Cutter (CC); B: Endoscopic view of the submucosal exfoliation under the tumor using the CC; C: The lesion is cut completely from the muscle layer; D: The resected specimen showing curative en bloc resection of the lesion.

under endoscopic vision (Figure 3B). Finally, the lesion was completely resected (en bloc resection) by CC (Figures 3C-D). ESD was completed in 59 min. Macroscopically, the mass was yellowish-white and solid, measuring 16 mm × 10 mm in diameter. Microscopically, the tumor was composed of small uniform cells, arranged in small nests and cords and with an anastomosing ribbon-like pattern in the submucosal layer. These cells had abundant granular cytoplasm and small round nuclei. Immunohistochemically, the tumor cells were positive for S-100 protein. The vertical and horizontal cut margins were negative. There was no lymphovascular invasion. These findings established curative resection of the granular cell tumor (Figure 4). After ESD, the patient remained in hospital and was prohibited from eating until the third day after ESD. Laboratory findings and chest and abdominal X-ray showed no negative changes after ESD. He was permitted oral soft food and discharged 6 d after the procedure. No hemorrhage, perforation, or other complications occurred.

Newly developed Grasping type Scissors Forceps (Clutch Cutter®)

The Clutch Cutter® (DP2618DT, Fujifilm Corporation, Odawara, Japan) (Figure 2) can grasp and cut a piece of tissue with an electro-surgical current. It has a 0.4 mm wide and 3 mm long serrated cutting edge to facilitate grasping the tissue. The outer side of the forceps is insulated so that electro-surgical current energy is concentrated at the blade to avoid burning the surrounding tissue. Furthermore, the forceps can be rotated to the desired orientation. The diameter of the forceps is 2.7 mm. The CC is available for standard endoscopes with a working

channel width of 2.8 mm or more. This device, which is disposable and not reusable, was used for marking, circumferential marginal incision, submucosal dissection and hemostatic treatment.

Ethical considerations

The advantages and disadvantages of ESD using the CC, as well as alternative endoscopic options (ESD using conventional device, endoscopic mucosal resection, *etc*), were discussed with the patient. The patient was aware of the experimental nature of the planned treatment. He gave his written informed consent for the designated intervention. This study was reviewed and approved by the ethics committee of Aso Iizuka Hospital. It was conducted in accordance with the ethical principles of the Declaration of Helsinki and in compliance with good clinical practice.

DISCUSSION

Esophageal GCT account for one-third of gastrointestinal tract GCT. Esophageal GCT are generally considered benign, although a few malignant GCT have been reported^[16,17]. Six histologic criteria were assessed: necrosis, spindle, vesicular nuclei with large nucleoli, increased mitotic activity (> 2 mitoses/10 high power fields at 200× magnification), high nuclear to cytoplasmic (N:C) ratio, and pleomorphism^[18]. Neoplasms that met three or more of these criteria were classified as histologically malignant; those that met one or two criteria were classified as atypical; and those that displayed only focal pleomorphism but fulfilled none of the other criteria were classified as benign. Ordinary endoscopic biopsy

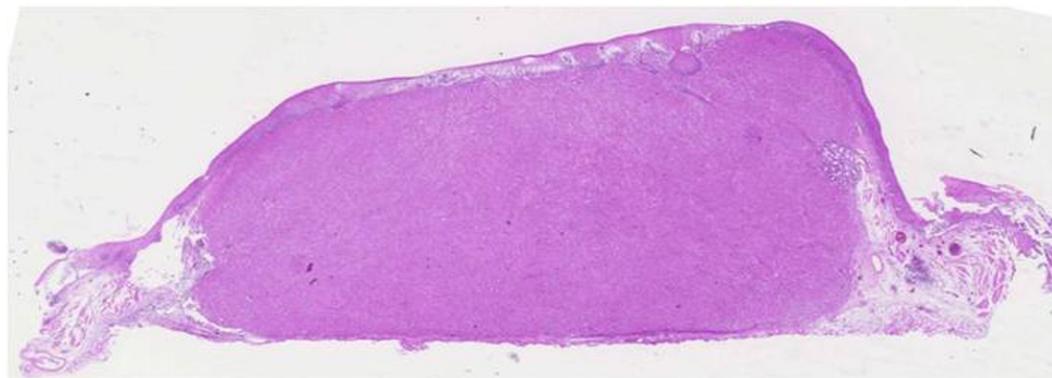


Figure 4 Microscopic appearance of the tumor. The resected tumor is covered with normal mucosa (hematoxylin and eosin; original magnification, x 2).

involving a small amount of tissue is unlikely to yield diagnostic tissue because the tumor typically is covered by normal mucosa. Therefore, preoperative diagnosis is difficult without total resection of the tumor. When we make a diagnosis of GCT endoscopically, we should consider the possibility of malignancy.

For this reason, endoscopic resection is currently considered an appropriate approach for total resection of GCT^[2-4,19]. However, various modified endoscopic therapies, such as endoscopic mucosal resection (EMR)^[2], endoscopic aspiration lumpectomy (EAL)^[5], strip biopsy^[6], endoscopic mucosal resection using a ligating device (EMRL)^[4] and EUS-guided endoscopic resection using band ligation^[19] have been reported. Submucosal tumors smaller than 1 cm in diameter and separate from the muscularis propria can be resected by endoscopic therapy. However, endoscopic resection of submucosal tumor is sometimes inappropriate for complete resection^[7]. Use of conventional methods is often associated with marginal involvement by residual tumor requiring subsequent intervention.

In such circumstances, ESD should be applied^[20]. ESD was originally developed to obtain one-piece resection for early gastric cancers^[10-14]. ESD has the advantage of permitting en bloc resection and histologically complete resection. On the other hand, this method has the disadvantages of a long procedure time and a high frequency of complications, as well as demanding a high level of technical skill. However, ESD can control the depth of submucosal dissection under endoscopic view^[9-14]. Therefore, ESD is a theoretically suitable therapeutic option for GCT located within the submucosa^[21]. If the tumor invades the muscularis propria, ESD is a contraindication due to the risk of perforation and metastasis. Pretherapeutic EUS is vital for decision making concerning the indication of ESD for this disease.

Endoscopic removal with ESD of a granular cell tumor of the esophagus was first described by Aoki *et al*^[22] in 2005. Since this first report, there have been at least 2 documented reports of esophageal GCT successfully removed with ESD. In these three cases, a knife device was used for ESD^[21-23]. Incision using knife devices merely brings the knife in contact with the tissue and cut using

electrosurgical current. These cutting processes without fixing the device to the targeted tissue make it difficult to place the knife accurately during electrosurgical incision because of cardiac beat, respiratory movement, and peristalsis. Lack of complete endoscopy control can cause unwanted incision and may result in incomplete resection or severe complications such as perforation and bleeding^[9-12].

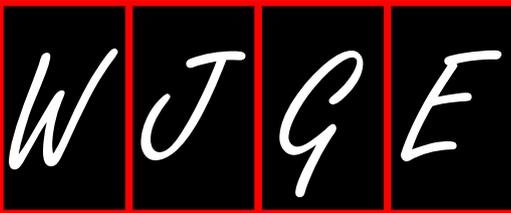
Our approach was to perform endoscopic resection with a CC which can be passed through the ordinary working channel. This device was developed by us for ESD of early gastric cancer^[13,14]. It has a thin serrated cutting edge to facilitate grasping the tissue. The outer side of the forceps is insulated so that electrosurgical current energy is concentrated at the blade to avoid burning the surrounding tissue. Furthermore, the forceps can be rotated to the desired orientation. Theoretically, the main advantage of the CC for ESD is the fixed device, which can accurately control the depth of submucosal exfoliation with good endoscopic vision^[14]. The CC can be used to grasp the targeted tissue again if necessary, before electrosurgical cutting. The maximal advantage of the CC is having the visual confirmation step for accurate and safe targeting by the device before cutting during the grasping stage. Furthermore, the CC can reduce post-cut hemorrhage by a compression effect similar to a polypectomy snare^[14]. Thus, the grasping step before cutting allows accurate targeting and compression of the vessel, and reduces the chance of incomplete resection (positive vertical margin) and major complications (perforation and bleeding). In this case, it was safe and accurate to resect the esophageal GCT with sufficient negative resection margin using the CC. We believe this technique has the potential to become the method of choice for removal of GI tract GCT when the tumor is limited to the submucosa.

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January 19-21, 2012 2012 Gastrointestinal Cancers Symposium San Francisco, CA 94103, United States	March 12-14, 2012 World Congress on Gastroenterology and Urology Omaha, NE 68197, United States	April 22-24, 2012 EUROSON 2012 EFSUMB Annual Meeting Madrid, Spain	September 8-9, 2012 New Advances in Inflammatory Bowel Disease La Jolla, CA 92093, United States
January 20-21, 2012 American Gastroenterological Association Clinical Congress of Gastroenterology and Hepatology Miami Beach, FL 33141, United States	March 30-April 2, 2012 Mayo Clinic Gastroenterology and Hepatology San Antonio, TX 78249, United States	April 28, 2012 Issues in Pediatric Oncology Kiev, Ukraine	September 8-9, 2012 Florida Gastroenterologic Society 2012 Annual Meeting Boca Raton, FL 33498, United States
February 2-4, 2012 14th Dusseldorf International Endoscopy Symposium 2012 Dusseldorf, Germany	March 31-April 1, 2012 5th Annual Endoscopy Directors Meeting Endoscopy Unit Management in the 21st Century: Issues, Solutions, and Plans for the Future Washington, DC 20057, United States	May 3-5, 2012 9th Congress of The Jordanian Society of Gastroenterology Amman, Jordan	September 15-16, 2012 Current Problems of Gastroenterology and Abdominal Surgery Kiev, Ukraine
February 24-27, 2012 Canadian Digestive Diseases Week 2012 Montreal, Canada	April 8-10, 2012 9th International Symposium on Functional GI Disorders Milwaukee, WI 53202, United States	May 7-10, 2012 Digestive Diseases Week Chicago, IL 60601, United States	October 4-6, 2012 EURO-NOTES 2012: NOTES and Advanced Interventional Endoscopy Prague, Czech Republic
March 1-3, 2012 International Conference on Nutrition and Growth 2012 Paris, France	April 15-17, 2012 European Multidisciplinary Colorectal Cancer Congress 2012 Prague, Czech	May 18-23, 2012 SGNA: Society of Gastroenterology Nurses and Associates Annual Course Phoenix, AZ 85001, United States	October 19-24, 2012 American College of Gastroenterology 77th Annual Scientific Meeting and Postgraduate Course Las Vegas, NV 89085, United States
March 7-10, 2012 Society of American Gastrointestinal and Endoscopic Surgeons Annual	April 19-21, 2012 Internal Medicine 2012 New Orleans, LA 70166, United States	May 19-22, 2012 2012-Digestive Disease Week San Diego, CA 92121, United States	November 3-4, 2012 Modern Technologies in Diagnosis and Treatment of Gastroenterological Patients Dnepropetrovsk, Ukraine
	April 20-22, 2012 Diffuse Small Bowel and Liver	June 18-21, 2012 Pancreatic Cancer: Progress and Challenges	December 1-4, 2012 Advances in Inflammatory Bowel Diseases Hollywood, FL 33028, United States

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- 3 **Tian D**, Araki H, Stahl E, Bergelson J, Kreitman M. Signature of balancing selection in Arabidopsis. *Proc Natl Acad Sci USA* 2006; In press

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- 4 **Diabetes Prevention Program Research Group**. Hypertension, insulin, and proinsulin in participants with impaired glucose tolerance. *Hypertension* 2002; **40**: 679-686 [PMID: 12411462 PMCID:2516377 DOI:10.1161/01.HYP.0000035706.28494.09]

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- 5 **Vallancien G**, Emberton M, Harving N, van Moorselaar RJ; Alf-One Study Group. Sexual dysfunction in 1, 274 European men suffering from lower urinary tract symptoms. *J Urol* 2003; **169**: 2257-2261 [PMID: 12771764 DOI:10.1097/01.ju.0000067940.76090.73]

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- 6 21st century heart solution may have a sting in the tail. *BMJ* 2002; **325**: 184 [PMID: 12142303 DOI:10.1136/bmj.325.7357.184]

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- 10 **Sherlock S**, Dooley J. Diseases of the liver and biliary system. 9th ed. Oxford: Blackwell Sci Pub, 1993: 258-296

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- 12 **Breedlove GK**, Schorfheide AM. Adolescent pregnancy. 2nd ed. Wiczorek RR, editor. White Plains (NY): March of Dimes Education Services, 2001: 20-34

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- 15 Morse SS. Factors in the emergence of infectious diseases. *Emerg Infect Dis* serial online, 1995-01-03, cited 1996-06-05; 1(1): 24 screens. Available from: URL: <http://www.cdc.gov/ncidod/eid/index.htm>

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- 16 **Pagedas AC**, inventor; Ancel Surgical R&D Inc., assignee. Flexible endoscopic grasping and cutting device and positioning tool assembly. United States patent US 20020103498. 2002 Aug 1

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