

Question 8 – September 25

Which of the following is NOT considered a risk factor to screen for Barrett's esophagus?

- A. Male gender
- B. Age > 50 years
- C. Current or past history of smoking
- D. Central obesity
- E. African ancestry

Answer: E

Screening for BE may be considered in men with chronic (>5 years) and/or frequent (weekly or more) symptoms of gastroesophageal reflux (heartburn or acid regurgitation) and two or more risk factors for BE or EAC. These risk factors include: age >50 years, Caucasian race, presence of central obesity (waist circumference >102 cm or waist-hip ratio (WHR) >0.9), current or past history of smoking, and a confirmed family history of BE or EAC (in a first-degree relative) (strong recommendation, moderate level of evidence from updated ACG guidelines).

Reference

ACG Clinical Guideline: Diagnosis and Management of Barrett's Esophagus. Shaheen NJ, Falk GW, Iyer PG, Gerson LB. Am J Gastroenterol. 2016 Jan;111(1):30-50.