

Question 41 – May 18

A 56 year old female presented with upper abdominal discomfort that was worse with food for the last 3 years. Blood tests including complete blood count and comprehensive metabolic profile were normal. Upper endoscopy with gastric biopsies was also normal. A right upper quadrant ultrasound showed a 12 mm gallbladder polyp. What would be your recommendation?

- A. Cholecystectomy
- B. Repeat ultrasound in 1 year
- C. Check for *Helicobacter pylori* antibody
- D. Proton pump inhibitor

Answer: A

Gallbladder polyps 10 mm or larger are more likely to be adenomas and are at a higher risk of malignancy. Therefore, cholecystectomy is recommended. Majority of the gallbladder polyps are detected in asymptomatic patients suggesting that they rarely cause symptoms. With normal endoscopy and biopsies, PPI or H. pylori testing would be unnecessary.

Reference:

Andrén-Sandberg Å. Diagnosis and Management of Gallbladder Polyps. *North American Journal of Medical Sciences* 2012;4(5):203-211