

Evidence Discussion – GIST (Gastrointestinal Stromal Tumors) (EGD -1.11)

Gastrointestinal stromal tumors (GIST) are the most common mesenchymal tumors of the gastrointestinal tract. They are often identified incidentally during endoscopic or imaging studies. GISTs smaller than 2 cm are typically considered low-risk for malignancy. However, surveillance is crucial to monitor for any changes that may indicate progression to a more aggressive form.

Annual endoscopic ultrasound (EUS) and esophagogastroduodenoscopy (EGD) surveillance are recommended for GISTs smaller than 2 cm if surgical resection is not performed. This surveillance aims to detect any increase in size or changes in echo features, which could suggest a higher risk of malignancy. Early detection of such changes can facilitate timely intervention, potentially reducing morbidity and mortality associated with malignant transformation.

References

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2. Sepe PS, Moparty B, Pitman MB, et al. EUS-guided FNA for the diagnosis of GI stromal cell tumors: sensitivity and cytologic yield. *Gastrointest Endosc.* 2009;70:254-261. Available at: <http://www.ncbi.nlm.nih.gov/pubmed/19482280>.
3. National Comprehensive Cancer Network. NCCN Clinical Practice Guidelines in Oncology: Gastrointestinal Stromal Tumors. Version 2.2023. Available at: <https://www.nccn.org/guidelines/guidelines-detail?category=1&id=1507>.