

Introduction

- Portal hypertension polyposis (PHP) is a condition encountered in advanced liver disease and cirrhosis, characterized by the presence of gastroduodenal polyps and portal hypertension.
- There are few studies regarding the natural course and prognosis of PHP, specifically in the United States.
- In one international, retrospective study, PHP was found to be common in patients with advanced fibrosis and was associated with thrombocytopenia, Child-Pugh score >6, MELD score >16, and previous band ligation.
- However, further studies are needed to understand the clinical implications of PHP in this patient population, including effects on prognosis, and short and long-term outcomes.

Methods and Materials

- A retrospective study of 122 patients with PHP between 2008-2019 at a single, academic referral center.
- PHP was defined as the presence of 1 or more gastroduodenal polyps with either endoscopic, radiographic, or clinical evidence of portal hypertension.
- Inclusion criteria included patients over 18-years-of-age who underwent upper endoscopy between 2008-2019 with PHP.
- Exclusion criteria included patients < 18-years-of-age.
- Clinical and demographic data, including etiology of liver disease, MELD score, complications of cirrhosis, hospitalizations, and mortality, were collected from review of electronic health records (EHR).

Results

- In total, 122 patients met the inclusion criteria

Variable	Patients with PHP (n=71)
Age (years)	59.07 +/- 10.67 (21-91)
Sex (male/female)	90 (67.61%) / 41 (31.30%)
Race	
White	102 (77.86%)
Black	3 (2.29%)
Hispanic	8 (6.11%)
Asian	7 (5.34%)
Other	5 (3.82%)
Not listed	6 (4.58%)
Comorbidity	
Coronary Artery Disease	27 (20.61%)
Diabetes Mellitus	60 (45.80%)
Hypertension	88 (66.41%)
Chronic Kidney Disease / HD dependent	25 (19.08%) / 8 (6.11%)
Pulmonary Disease on Home Oxygen	1 (0.76%)
Complications of PHP	
Ascites	105 (80.15%)
Encephalopathy	86 (65.65%)
Splenomegaly	95 (72.52%)
Varices	74 (56.49%)
Etiologies of Liver Disease**	
EtOH	75 (57.25%)
NASH	29 (22.14%)
Cryptogenic	6 (4.58%)
Hepatitis	20 (15.27%)
Other	12 (9.16%)
Transplant Recipient	22 (16.92%)
Mortality	39 (29.77%)
Hospitalizations since diagnosis	4.04 +/- 5.23 (0-35)
**14 patients (10.69%) had multiple etiologies for liver disease	

Conclusions

- Despite the scarcity of studies in the literature, PHP appears to be a common finding in patients with cirrhosis.
- In this large, retrospective cohort, patients with PHP had moderate MELD scores, with a high rate of complications and mortality.
- Further studies are needed to determine the prognosis and clinical implications of PHP.

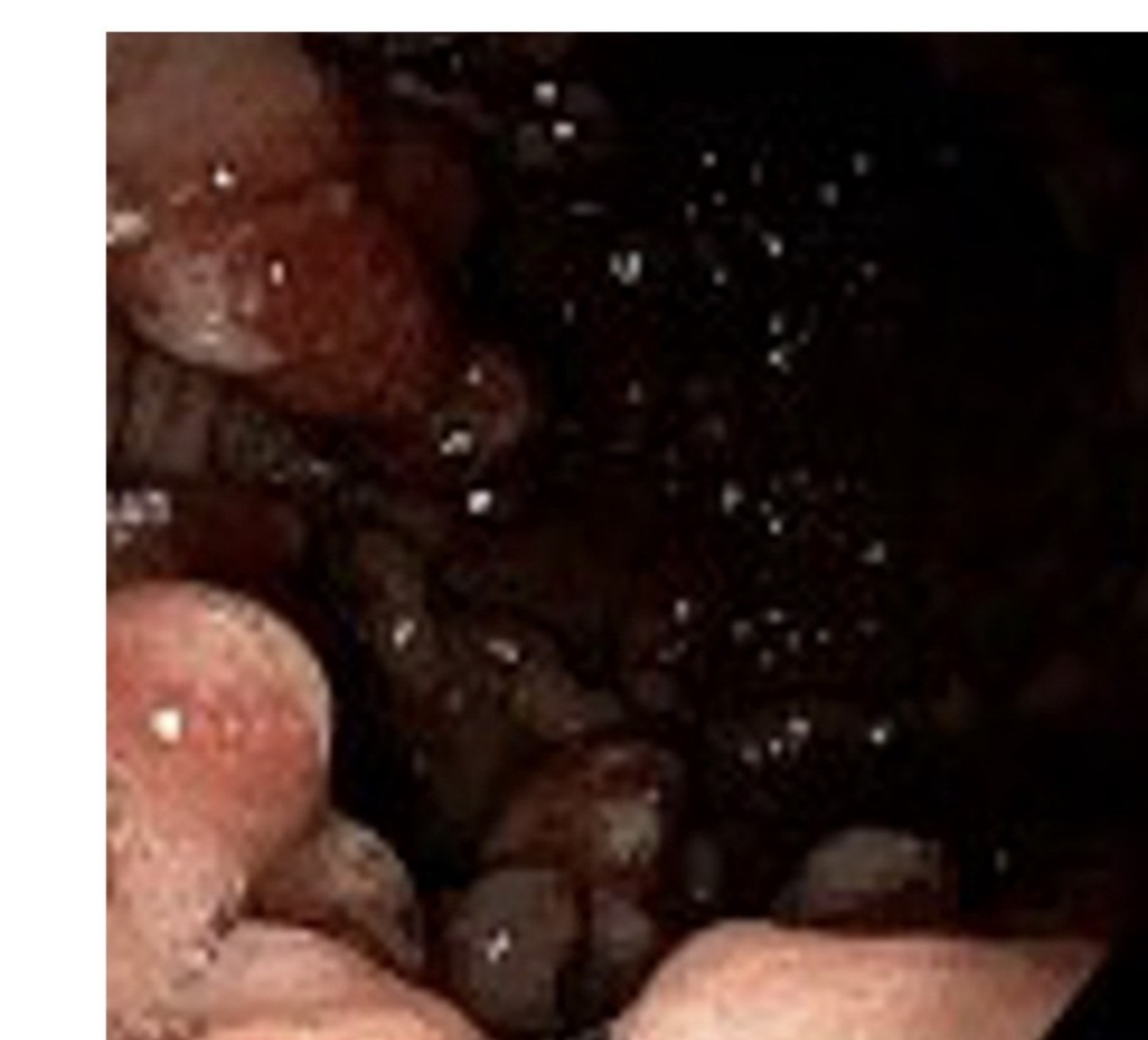


Figure 1. PHP in patients with chronic liver disease

Table 1. Demographics and clinical characteristics.

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