

The decision to treat or not to treat BE and the best treatment option depends on following factors

- Patient factors**- age, presence of comorbid conditions, length of BE, degree of dysplasia (low grade, high grade, unifocal or multifocal, early mucosal cancer), presence of hiatus hernia and patient's preference
- Treating team**- experienced endoscopists (specialist in advance diagnostic and therapeutic endoscopy), GI pathologists, surgical experts
- Equipment** – high quality endoscopes for imaging and treating the lesions, instruments and accessories for resection and ablative procedures

All patients with BE should have *enhanced endoscopic imaging* with emphasis on accurate assessment of length and circumferential involvement, presence of mucosal lesions followed by four quadrant biopsies every 1 to 2cm. The biopsies should be reported by expert GI pathologist.

- LGD – should be kept under surveillance as per AGA guidelines. Those wishing for intervention can be included for trials on ablative techniques or chemoprevention.
- HGD or early cancer- should undergo EMR. If histology shows no or low grade dysplasia, patient to be kept under endoscopic surveillance. In case of HGD or early cancer but negative lateral and basal margins, continue close surveillance. In case of larger lesions or positive lateral but negative basal margins, continue EMR or add ablative procedure.
- EMR shows invasive cancer- surgery is the treatment of choice.

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ETHICAL GUIDELINES FOR BIOMEDICAL RESEARCH

The need for uniform ethical guidelines for research on human subjects is universally recognised. It has acquired a new sense of urgency as the critical issues in the area of biogenetic research involving human subjects have become acute. Apart from the mandatory clinical trials on new drugs, a number of diagnostic procedures, therapeutic interventions and prevention measures including the use of vaccines, are being introduced which involve human subjects. Further the advent of new medical devices and radio-active materials and therapeutic benefits of recombinant DNA products have added a new dimension to the ethical issues that need to be considered before evaluating these for their efficacy, utility and safety.

Any research using the human beings as subjects shall bear in

mind the following principles of : i) essentiality, (ii) voluntariness, informed consent, (iii) non exploitation, (iv) privacy and confidentiality, (v) precaution and risk minimisation, (vi) professional competence, (vii) accountability & transparency, (viii) maximisation of public interest and distributive justice (ix) institutional arrangements (x) public domain (xi) totality of responsibility and (xii) compliance.

Recent advances in the field of Assisted Reproductive technologies, organ transplantation, Human genome analysis, and gene therapy promise unquestionable benefits to mankind. At the same time, they raise many questions of law and ethics, stimulating public interest and concern.

(Source : ICMR Publication 2000)

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