

Primärprophylaxe der ÖVB

Baveno V Position Paper (J Hepatol 10-2010)

Prevention of the first bleeding episode

Patients with small varices

- Patients with small varices with red wale marks or Child C class have an increased risk of bleeding (1b;A) and should be treated with nonselective beta-blockers (NSBB) (5;D).
- Patients with small varices without signs of increased risk may be treated with NSBB to prevent progression of varices and bleeding (1b;A). Further studies are required to confirm their benefit.

Patients with medium-large varices

- Either NSBB or endoscopic band ligation (EBL) is recommended for the prevention of the first variceal bleeding of medium or large varices (1a; A).
- The choice of treatment should be based on local resources and expertise, patient preference and characteristics, side effects, and contra-indications (5;D).
- Carvedilol is a promising alternative (1b;A) which needs to be further explored.
- Shunt therapy, endoscopic sclerotherapy, and isosorbide mononitrate alone should not be used in the prophylaxis of first variceal bleeding (1a;A).
- There is insufficient data to recommend the use of NSBB in combination with Isosorbide-5-Mononitrate (ISMN), spironolactone, or EBL for primary prophylaxis (1b;A).

Propranolol vs. Banding

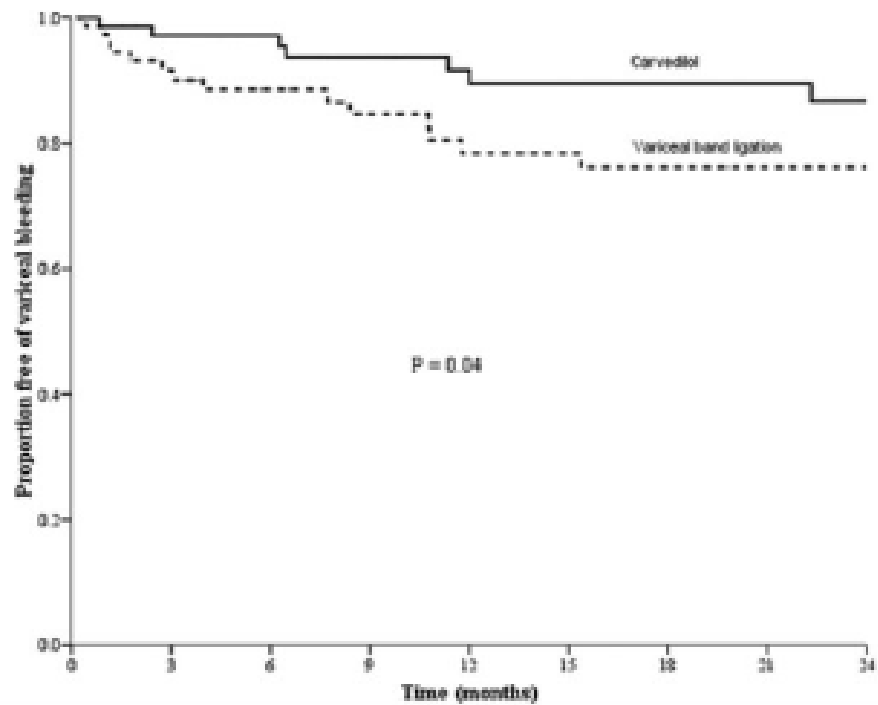
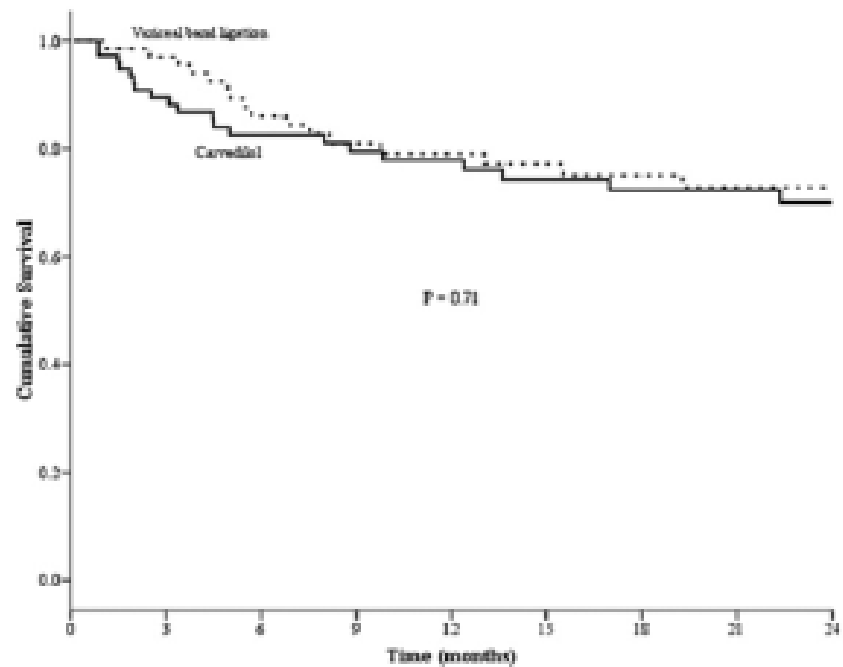
Schepke et al., Hepatology 2004

- 152 Pat mit großen ÖV (>5 mm)
- Mittlerer Follow-up 34 Monate
- Propranolol ~77 mg/d vs. Banding 1x/Wo
- Blutungsrate nach 2a 18% vs. 20%
- 2a-Mortalität 22% vs. 28%
- 2 fatale Blutungen aus Banding-Ulcera (2.6%)

Carvedilol vs. Banding

Tripathi et al., Hepatology 2009;50:825-833

- 152 Pat mit großen ÖV (\geq Grad II)
- Carvedilol 6.25 mg/d \rightarrow 1 Wo. \rightarrow 12.5 mg/d
- Banding alle 2 Wo.
- Mittlerer Follow-up 20 Monate
- Blutungsrate **10%** vs. **23%**
- Mortalität 35% vs. 37%
- Blutungen aus Banding-Ulcera bei 6 Pat

A**A**

Nadolol vs. Nadolol+Banding

Lo et al., Hepatology 2010;52:230-237

Table 2. Treatment Results and Frequency of Hemorrhage

	Combined (N = 70)	Nadolol (N = 70)	P Value
Nadolol (mg/day)	52 ± 16	56 ± 19	0.90
Ligation sessions*	2.1 ± 1.1		
Rubber bands	8.1 ± 4.3		
UGI bleeding	18 (26%)	13 (18%)	0.45
Sources of hemorrhage			
EV bleeding	10 (14%)†	9 (13%)	0.90
Gastric varices	3	1	
Peptic ulcers	4	2	
Gastropathy	1	1	

Nadolol vs. Nadolol+Banding

Lo et al., Hepatology 2010;52:230-237

