The Survey of Digestive Health Across Europe

Highlighting changing trends and healthcare inequalities in GI and liver disease
Gastrointestinal (GI) disorders are responsible for around one million deaths each year across Europe across all ages, and are associated with substantial morbidity and healthcare costs. The incidence and prevalence of many GI disorders are highest amongst the very young and the elderly, and as the European population ages, the disease burden will inevitably increase. Unfortunately, despite their substantial prevalence and global impact, many digestive diseases are still poorly understood and attract relatively little attention from either a policy or funding perspective.


All data and statistics contained within this booklet have been taken from the Survey of Digestive Health Across Europe original reports which were developed by Swansea University on behalf of UEG.

United European Gastroenterology (UEG) is committed to raising political and public awareness of GI disorders throughout the continent, informing policy makers, and encouraging research. To support this effort, accurate and up-to-date information is needed on the true burden of digestive diseases and the current organisation and delivery of care.

The Survey of Digestive Health Across Europe (UEG) – a hugely ambitious pan-European project – was commissioned by UEG in 2013, with the aim of systematically reviewing all the available evidence on the clinical and public health burden of GI disorders and the delivery of gastroenterology services. Data was analysed from 28 European Union (EU) member states, Norway, Switzerland, Liechtenstein and Russia.

The Survey revealed changing trends in many prevalent GI and liver diseases and worrying inequalities in the provision of healthcare services across the continent. Notable increases in the incidence of most major GI disorders were identified, and clear differences in outcomes for patients between Eastern and Western nations were highlighted.

This booklet has been developed to summarise some of the Survey’s key findings.
Gastrointestinal (GI) disorders

The GI disorders, dyspepsia, gastro-oesophageal reflux disease (GORD), peptic ulcers, Helicobacter pylori (H. pylori) infection, oesophagitis, irritable bowel syndrome (IBS) and pancreatitis are common and costly conditions, yet they are often under-reported and their true burden is difficult to quantify.

Current data suggest that the incidence and prevalence of these GI disorders, which includes the most common functional disorders, are generally increasing, with the highest rates reported in eastern European countries and in less affluent parts of western Europe. Many of these conditions, if inadequately treated, can lead to potentially life-threatening complications. Mortality rates are highest in eastern and north eastern Europe and lowest in north west Scandinavia and the Mediterranean islands.

Very little information exists on the economic burden of these disorders across Europe, however, direct costs associated with frequent physician visits and medical treatments and high rates of complications and hospitalisation, and indirect costs due to substantial levels of personal disability, work absenteeism and loss of productivity are all likely to contribute to their sizable socioeconomic burden.

With a rising prevalence and high rates of morbidity and mortality in less affluent parts of Europe, these common and costly conditions exert a sizable socioeconomic burden across the continent.

**PANCREATITIS**
Increase in ageing European populations will result in increased incidence of GI diseases

**IBS**
A review of 8 countries showed variations in incidence from 4.2% (Netherlands) to 9.7% (France)

**Dyspepsia**
Lowest rates of less than 5% for Denmark, Finland and Switzerland

**GORD**
Reduced productivity estimated to cost employers €3 billion

**Peptic Ulcer**
Mortality (per 100,000 population) highest in eastern Europe and lowest in southern Europe

**Helicobacter Pylori**
Linked to an increased risk of duodenal ulcers, gastric ulcers and malignancies

**Highest rates of acute pancreatitis reported from Poland, Finland, Spain and Scotland**

**Has a higher prevalence of more than 60% in eastern Europe including Hungary and Poland and parts of southern Europe**

**Mortality from (non-malignant) GI Diseases**
Highest in eastern and north eastern Europe
Lowest in north west Scandinavia and the Mediterranean Islands
The inflammatory bowel diseases, Crohn’s disease and ulcerative colitis, are common, chronic inflammatory conditions that primarily affect young people in adolescence and early adulthood. The incidence and prevalence of IBD have increased in the last few decades throughout Europe, with significant geographic variations reported. The highest incidence rates are observed in Scandinavia and the United Kingdom, while the lowest rates are seen in southern and eastern Europe.

Many people with IBD have frequent relapses or continuous active disease that often results in complications requiring hospitalisation and/or surgery. Treatment strategies vary widely across Europe, which is likely to affect cost and clinical outcomes. The long-term impact of IBD in terms of direct and indirect costs and the burden on the individual is huge. Direct costs associated with IBD have increased significantly over the past decade, primarily as a result of the increased use of biological therapies.

The Survey reported that the impact of IBD on the social and psychological development of paediatric patients is often overlooked and should be explored further. Worrying increases in the incidence and prevalence of IBD, inconsistent treatment practices, and high rates of complications contribute to a poor outlook for young people with IBD in Europe.
Oesophageal and gastric cancer account for around 6% of all cancers in men and 3% of all cancers in women. Oesophageal cancer typically affects people aged between 60 and 80 years, with the most important risk factors being severe, longstanding gastro-oesophageal reflux disease (GORD), smoking and heavy alcohol consumption. There were 34,534 new cases of oesophageal cancer recorded in the EU in 2012, with an incidence rate of 6.9 per 100,000 population. The incidence is highest in north-eastern European countries.

Gastric cancer also mainly affects older people, with 80% of cases diagnosed between the ages of 60 and 80 years. The main risk factor for gastric cancer is longstanding H. pylori infection. More than 80,000 new cases of gastric cancer were reported in the EU in 2012, with an incidence rate of 20.6 per 100,000 population. There is a strong east/west gradient in the incidence of gastric cancer, which reflects the higher prevalence of H. pylori infection in eastern Europe and parts of southern Europe.

Projections for mortality due to oesophageal and gastric cancer indicate continuing reductions across the continent. These potentially preventable cancers continue to exert a heavy toll on our elderly population in Europe, but mortality rates are falling across the continent, with further reductions predicted.
Colorectal cancer (CRC) is the most common GI cancer in Europe, with 342,137 new cases recorded in the EU in 2012. The incidence of CRC is higher in men than in women. The main risk factors for CRC include a family history of the condition, the hereditary conditions, Lynch syndrome or familial adenomatous polyposis, and long-term IBD. Other risk factors include diabetes, diets low in fibre and high in saturated fats, a sedentary lifestyle, exposure to radiation, heavy alcohol consumption and tobacco smoking.

The prognosis for CRC is relatively good compared with other GI malignancies and there is relatively little variation in reported survival across most European countries. Population-based mortality for CRC has been falling for several decades in most western, northern and central European countries. However, mortality is continuing to increase in many eastern European countries – particularly for men – and in some parts of southern Europe.

CRC screening programmes are well established in most European countries, however, participation rates vary widely, and their impact on mortality has not yet been fully established.

The Survey of Digestive Health Across Europe highlights changing trends and healthcare inequalities in GI and liver disease.

Colorectal cancer

**Most Common GI Cancer**

- Colorectal cancer (CRC) is the most common type of GI cancer in Europe.
- 342,137 new cases (14.3% of all cancers) recorded in the EU in 2012.
- Incidence rate of 68 per 100,000 population.

**Higher Male Incidence**

- Incidence higher amongst men (79 per 100,000) than women (54).

**Incidence**

- 68 incidences per 100,000.

**Half All GI Malignancies**

- Accounts for about half of all GI malignancies in Europe.

**Population Based Mortality**

- Falling in almost all western, northern and central European countries.
- Increasing in many eastern European countries, particularly for men.
- Increasing in some southern European countries including Greece, Portugal and Spain.

**Annual Cost of Treatment in the UK Alone Totals Over £480 Million**

- £480 million.

**Highest Incidence Amongst Men Appears to Be in Parts of Eastern Europe**

- Highest incidence amongst men appears to be in parts of eastern Europe.

**Highest Incidence Amongst Women Reported in North Western Europe**

- Highest incidence amongst women reported in north western Europe.

Our most common GI cancer is now associated with a relatively good prognosis and improved survival rates in most European countries. However, mortality is increasing in many parts of Eastern Europe.
Liver disease

Chronic liver disease has been estimated to affect almost 30 million people in the EU, although difficulties obtaining data from individual countries hinder the global evaluation of the burden of liver disease in Europe. Chronic liver disease is caused by a range of conditions that result in liver injury and dysfunction, including heavy alcohol consumption, hepatitis B or C infections, exposure to certain drugs and toxins, and metabolic syndromes related to being overweight and obesity.

Chronic alcohol consumption is the primary cause of chronic liver disease in Europe, although, in some regions, hepatitis B and C infections are also major risk factors. Alcohol consumption decreased during the 1990s, but increased steadily during the last decade to reach hazardous levels in many European countries.

Mortality from chronic liver disease is well documented in Europe, with the highest rates reported in eastern and north eastern countries. Liver disease caused by alcohol consumption is by far the most lethal form of the condition. The prognosis for people with late-stage liver disease remains dismal and has not improved substantially over the last 50 years.

Alcohol consumption has reached hazardous levels in many European countries, contributing to the growing burden of liver disease. The prognosis for people with late-stage liver disease remains dismal.

ALCOHOL-RELATED LIVER DISEASE

INCREASES IN HOSPITALISED CASES OF ALCOHOLIC LIVER DISEASE OVER THE LAST TWO DECADES ARE WIDESPREAD

122% FINLAND
166% SCOTLAND
138% ENGLAND AND WALES

ACROSS EUROPE ALCOHOL IS GENERALLY REGARDED AS THE LEADING CAUSE OF LIVER DISEASE

EUROPE HAS THE HIGHEST LEVELS OF ALCOHOL DRINKERS IN THE WORLD

12.5 LITRES EACH EUROPEAN CONSUMES 12.5 LITRES OF PURE ALCOHOL – MORE THAN DOUBLE THE WORLD AVERAGE

EASTERN EUROPEAN COUNTRIES HAVE EXPERIENCED INCREASED LEVELS OF CONSUMPTION OVER RECENT YEARS WHERE HARMFUL DRINKING AND ALCOHOL ABUSE IS HIGHER THAN OTHER PARTS OF EUROPE

1/3 ALCOHOL CONSUMPTION IS THE THIRD CAUSE OF DISEASE AND MORTALITY ACROSS EUROPE

THERE IS CONCERN THAT YOUNGER EUROPEANS ARE DRINKING HEAVILY AND MORE OFTEN

CHRONIC LIVER DISEASE

HIGHEST RATES
30 PER 100,000
HIGHEST RATES OF MORTALITY OF MORE THAN 30 PER 100,000 POPULATION ARE MOSTLY FROM SOME EASTERN OR NORTH EASTERN COUNTRIES

LOWEST RATES
8 PER 100,000
LOWEST RATES OF LESS THAN 8 PER 100,000 MAINLY IN SCANDINAVIAN OR MEDITERRANEAN COUNTRIES.

LIVER TRANSPANTATION

TRANSPLANTATION ASSESSMENT AND SURGERY WIDELY AVAILABLE ACROSS WESTERN EUROPE

MOST OF EASTERN EUROPE, WITH THE EXCEPTION OF POLAND IS UNDER RESOURCED AND HAVE LIMITED EXPERTISE

PRIMARY BILIARY CHOLANGITIS

SUBSTANTIAL INCREASE SINCE MID 1980S REPORTED ACROSS PARTS OF ENGLAND, FINLAND AND ESTONIA

RECENT INCREASE OF 63% IN THE NETHERLANDS

THE SURVEY OF DIGESTIVE HEALTH ACROSS EUROPE HIGHLIGHTING CHANGING TRENDS AND HEALTHCARE INEQUALITIES IN GI AND LIVER DISEASE
Hepatitis B and C virus infections

The liver diseases, due to hepatitis B and C viruses, affect millions of Europeans, with the highest prevalence found amongst those who inject drugs. Hepatitis B is spread primarily through unprotected sex and contaminated needles, although perinatal transmission remains an important source of infection across Europe. While most cases of hepatitis C are found amongst intravenous drug users, blood transfusions, other medical procedures, unprotected sex, tattooing equipment and transmission from mother to baby are also important modes of virus transmission. Co-infection with both viruses may occur.

Surveillance systems for hepatitis B and C differ widely across Europe and although EU notification rates of 3.5 cases per 100,000 (hepatitis B) and 7.8 cases per 100,000 population (hepatitis C) have been reported by the European Centre for Disease Prevention and Control, these figures are likely to be an underestimate of the true situation.

The highest rates of notification for hepatitis B are currently in northern European countries such as Poland, Sweden, the UK, Latvia and Ireland. For hepatitis C, the highest rates are in Scandinavia and other parts of northern or eastern Europe.

Effective hepatitis virus surveillance systems are now in place in most European countries and these have had a major impact on the healthcare burden of these conditions. Nevertheless, from the research highlighted in the Survey, hepatitis B and C continue to exert a heavy personal burden on affected individuals, with frequent physician visits, poor work performance and discrimination in the workplace commonly reported.

Effective hepatitis surveillance systems have reduced the healthcare burden of hepatitis B and C across Europe, but affected individuals continue to pay a heavy price.
The Survey of Digestive Health Across Europe evaluated a range of GI disorders that frequently affect children, including IBD, GORD, dyspepsia, H. pylori infection, coeliac disease and recurrent abdominal pain – all of which add to the burden of illness in Europe. The Survey reported that the incidence of many paediatric disorders was increasing in many countries, yet the impact of these conditions on the child’s social and psychological well-being is often overlooked.

Paediatric IBD is of particular concern, since up to 30% of cases of IBD begin in childhood, and studies suggest its prevalence is on the increase. Unfortunately, the Survey has emphasised the disparity between the quality of services provided to adults and that offered to children, and the lack of information on how children transition from paediatric to adult care.

Two welcome developments in the management of paediatric IBD are highlighted in the survey reports: joint publication by European Crohn’s and Colitis Organisation (ECCO) and the European Society for Paediatric Gastroenterology, Hepatology and Nutrition (ESPGHAN) of the first paediatric specific guidelines for IBD patients and the initiation of the EUROKIDS registry.

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**GI diseases in children**

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Colorectal cancer (CRC) screening programmes are now well established in most European countries. The type of screening programme varies widely from population-based faecal occult blood testing to the targeted use of screening using flexible sigmoidoscopy or colonoscopy. Participation in population-wide CRC screening also varies widely across Europe. The Survey highlights the possibility that CRC screening programmes may potentially disadvantage other patient groups that require regular endoscopy services, pointing to significant variation in endoscopy services and capacity across Europe.

Screening for hepatitis B and C is also common practice across European regions, since early detection is critical for successful treatment and eradication of the disease. Screening now plays a crucial role in the fundamental function of hepatitis services, with most countries adopting routine screening for blood-borne viruses during pregnancy and some introducing additional screening programmes for high-risk groups. While these programmes may be heterogeneous, they have been credited with markedly reducing the burden of infectious hepatitis in Europe.

CRC screening programmes are well established in most European countries, although the types of programme and participation rates vary widely. Much of Europe will be ill equipped to fund and resource more widespread screening programmes and subsequent increases in endoscopic and cancer services.
Training

High quality, standardised gastroenterology training is critical to future service delivery in Europe, however, significant heterogeneity remains in the delivery of education across the continent. Major differences in terms of the length of gastroenterology training, training methodologies used, and levels of supervision were identified by the Survey, with under-training reported in several key areas.

There is an absence of evidence from European countries on both the content and quality of postgraduate and undergraduate training in gastroenterology. The Survey identified a need to map different national curricula for postgraduate and undergraduate education within the European curriculum and to address the predicted future needs of the European population.

Both the knowledge-based examination developed by the European Board of Gastroenterology and Hepatology (EBGH) and the European training syllabus in paediatric gastroenterology developed by ESPGHAN are considered important initiatives to improve standards of training and reduce variability of practice across Europe and are highlighted in the Survey.

Significant heterogeneity in the delivery of gastroenterology education and training in key areas of GI medicine have been identified across the continent. This could potentially impact future service delivery in Europe.
The Survey of Digestive Health Across Europe highlights some areas of good practice as well as showing many areas that require attention at both a national and European level. Our hope is that, ultimately, the Survey and the reports generated will help to improve care and health outcomes and reduce inequalities across the continent.

Michael Farthing, UEG President
This project was led by the UEG Future Trends Committee and undertaken by a group of researchers from Swansea University in Wales.