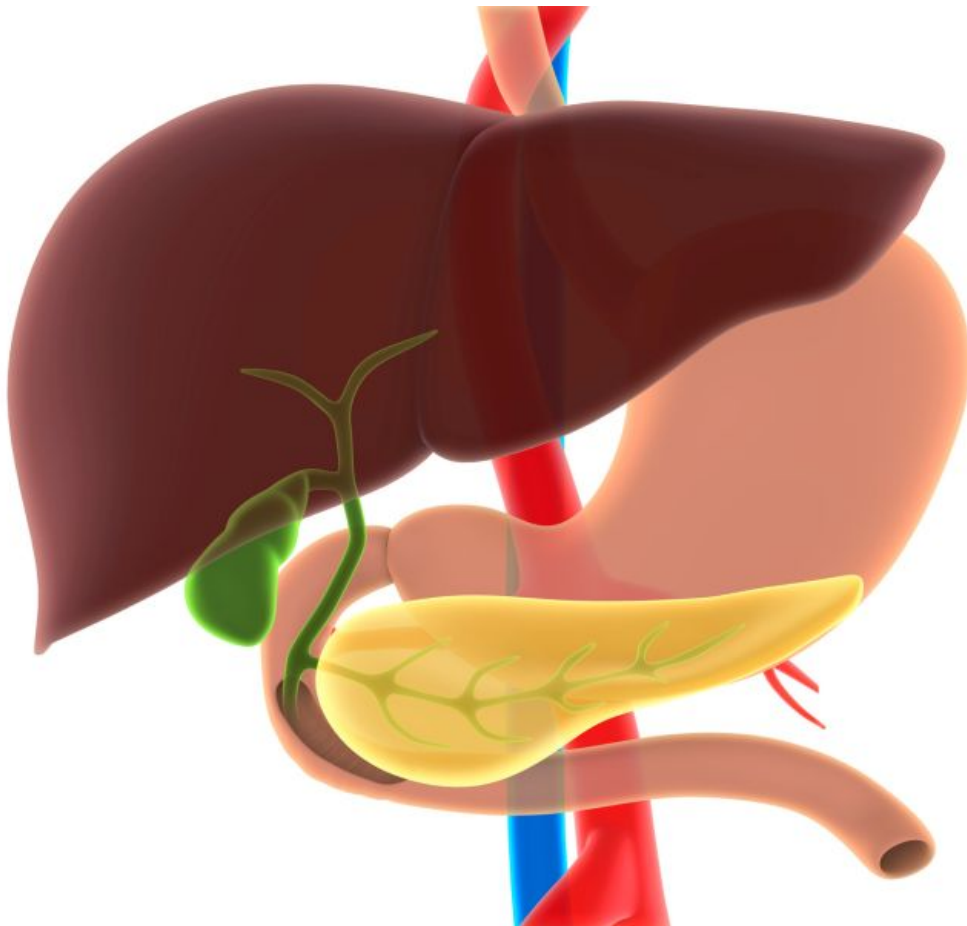


# Optimized treatment relieves pain in chronic pancreatitis

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(HealthDay)—For most patients with chronic pancreatitis (CP),

optimized medical and interventional treatment is associated with significant pain relief, according to a study published online Jan. 4 in the *Journal of Gastroenterology and Hepatology*.

For the study, researchers from the All India Institute of Medical Sciences in New Delhi enrolled 313 consecutive [patients](#) with CP (92 percent with abdominal pain) who were treated with a well-balanced diet, pancreatic enzymes, and antioxidants. If [medical therapy](#) failed, patients were offered endoscopic therapy and/or surgery.

The researchers found that the etiology of CP was idiopathic in 71.6 percent of the patients and alcohol in 26.2 percent. Significant pain relief was achieved at one-year follow-up in 84.7 percent of patients: 52.1, 16.7, 7.6, and 8.3 percent, respectively, with medical therapy, [endoscopic therapy](#), surgery, and spontaneously. There was a significant decrease in the mean pain score, from  $6.36 \pm 1.92$  to  $1.62 \pm 2.1$ . Among the 261, 218, 112, and 51 patients with [abdominal pain](#) followed up for three, five, 10, and 15 years, 54, 57.3, 60.7, and 68.8 percent, respectively, became pain-free at follow-up.

"Significant pain relief is achieved in the majority of patients with optimized medical and interventional treatment," the authors write.

**More information:** [Full Text](#)

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