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Management of esophageal varices**Aamir Ghafoor Khan**

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Esophageal varices are Porto-systemic collaterals, i.e., vascular channels that link the portal venous and the systemic venous circulation. They form as a consequence of portal hypertension (a progressive complication of cirrhosis), preferentially in the sub mucosa of the lower esophagus. Rupture and bleeding from esophageal varices are major complications of portal hypertension and are associated with a high mortality rate. Variceal bleeding accounts for 10–30% of all cases of upper gastrointestinal bleeding. A gold standard approach is feasible for regions and countries where the full scale of diagnostic tests and medical treatment options are available for the management of esophageal varices. However, throughout much of the world, such resources are not available. With Diagnostic and treatment cascades the WGO Guidelines provide a resource sensitive approach. Cascade: a hierarchical set of alternative diagnostic, therapeutic and management options to deal with risk and disease - ranked by resources available.

Biography

Aamir Ghafoor Khan currently heads GI & Hepatology division at Lady Reading Hospital in Peshawar, Pakistan. Besides being the Focal Person for Hepatology in KPK Province of Pakistan, Prof. Aamir is actively involved in undergraduate and postgraduate teaching and is examiner for MRCP(UK) and FCPS exams. He is currently International Adviser(IA) to Royal College of Physician of London and also Royal College of Physician of Edinburgh. Prof. Aamir Ghafoor Khan is Past President of Pakistan Society of Gastroenterology & GI Endoscopy. He has a sound academic background with presence on editorial boards and as reviewer for various Journals like Arab Journal of Gastroenterology, Hepatitis Journal of Iran, and Pakistan Journal of Gastroenterology etc. He is a core committee member of World Gastroenterology Organisation (WGO) Guidelines Committee. Prof. Aamir is a frequent speaker at various International GI & Hepatology meetings and his unit is actively engaged in clinical research in field of Gastroenterology, with nearly 40 publications to his credit.

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