



Overview of the 31st United Russian Gastroenterology Congress and the Meeting of the Profile Commission on Gastroenterology of the Ministry of Health of the Russian Federation

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Информация о 31-м Объединенном Российском гастроэнтерологическом Конгрессе и заседании Профильной комиссии по направлению «Гастроэнтерология» Министерства здравоохранения Российской Федерации

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On September 28–30, 2025 in Moscow, under the auspices of the Russian Gastroenterological Association (RGA), the Russian Society of Neurogastroenterology and Motility, the Russian Society for Liver Research (ROPIP), the Specialized Commission of the Ministry of Health of the Russian Federation (MOH RF) in the field of Gastroenterology, the Department of Medical Sciences of the Russian Academy of Sciences (RAS) and LLC “Gastro” the Congress Center of the World Trade Center hosted The 31st United Russian Gastroenterology Congress.

More than 1,300 physicians from various specialties took part in the congress: gastroenterologists, therapists, endoscopists, pediatricians, surgeons, general practitioners, nutritionists, radiation diagnostic specialists, proctologists, oncologists, pathologists, and others.

The participants were represented by specialists from the Russian Federation, Azerbaijan, Armenia, Belarus, Kazakhstan, Kyrgyzstan, Moldova, the USA, Tajikistan, Turkmenistan, Uzbekistan, and France.

Sessions were held simultaneously in four halls, with one hall for poster presentations (Fig. 1). The Congress featured 49 scientific symposia, and 224 scientific papers were presented. Information support was provided by 16 publications, including the Russian Journal of Gastroenterology, Hepatology, Coloproctology. An exhibition was organized as part of the Congress, providing

information on new pharmaceutical developments and medical devices.

The plenary sessions covered current issues in the diagnosis and treatment of gastrointestinal diseases (in particular, new possibilities for endoscopic and radiation diagnostics of diseases of the digestive system).

Significant attention was given to the role of disruptions in the ‘brain — gastrointestinal tract’ axis in the development of diseases such as functional dyspepsia and irritable bowel syndrome. Considerable attention was paid to the pathogenetic and clinical aspects of acid-related diseases of the esophagus and stomach (gastroesophageal reflux disease, peptic ulcer disease), optimization of *Helicobacter pylori* eradication therapy, and modern strategies for drug and non-drug prevention of gastric cancer.

Among the presentations on hepatology, important attention was given to reports on non-alcoholic fatty liver disease (NAFLD), a multidisciplinary discussion of clinical guidelines for the management of patients with NAFLD, and the use of essential phospholipids. Additionally, issues of diagnosis and treatment of drug-induced liver injury, as well as alcoholic cirrhosis as the final stage of alcoholic liver disease, were discussed.

The presentations on gallbladder and pancreatic diseases were noteworthy. Functional disorders of the biliary tract, issues of combined biliary pathology, as well as current treatment options for



Figure 1. At one of the symposia of the 31st United Russian Gastroenterology Congress

Рисунок 1. На одном из симпозиумов 31-го Объединенного Российского гастроэнтерологического Конгресса

biliary sludge and current approaches to optimizing treatment for patients with gallstone disease were discussed. The problem of primary and secondary exocrine pancreatic insufficiency and current options for its correction were examined in detail.

The presentations focused on optimizing treatment methods for inflammatory bowel diseases, including the use of biologically active drugs and new immunosuppressants, as well as modern approaches to the use of probiotics to correct the composition of the intestinal microbiota.

The following topics were discussed in pediatric gastroenterology: the possibilities of improving the treatment of inflammatory bowel diseases in children using modern immunosuppressive drugs, biological therapy, and dietary therapy; currently accepted approaches to the treatment of functional disorders in pediatrics; and the complexity of diagnosing and treating liver diseases in children.

The competition for the best report of the poster session, where 34 reports were submitted from Moscow, St. Petersburg, Nizhny Novgorod, Krasnoyarsk, Yekaterinburg, Rostov-on-Don, Kirov, Donetsk, Krasnodar, Grodno, Abakan, Simferopol, Penza, Izhevsk, Smolensk, determined the winners.

Third place was awarded to the report by Yu.Yu. Shkuratova, T.G. Morozova, T.D. Gelt (Smolensk) "Radioactive markers of kidney damage in patients with liver cirrhosis".

Second place was won by the report by K.M. Perfilova, T.V. Shmakova, N.V. Neumoina, I.V. Shutova, T.A. Troshina, S.N. Levina, T.L. Denisenko, T.V. Emelyanova (Nizhny Novgorod) "Characteristics of the course and effectiveness of therapy of *Helicobacter pylori* infection depending on the polymorphism of the *CYP2C19* gene".

First place was awarded to the report by L.V. Vinokurova, K.A. Lesko, V.K. Finn, O.P. Shesternikova "Application of an intelligent system in the diagnosis of pancreatogenic diabetes mellitus" (Fig. 2).

On September 29, 2025, as part of the Congress, a joint meeting of the Specialized Commission of the Ministry of Health of the Russian Federation for Gastroenterology and the chief gastroenterologists of the constituent entities of the Russian Federation was held. A report was presented on the main results of the work of the Specialized Commission for Gastroenterology and the tasks facing the gastroenterology service of the Russian Federation in reducing mortality from diseases of the digestive system, prepared by the Chairman of the Specialized Commission, President of the Russian Gastroenterological Association, Chief Gastroenterologist of the Ministry of Health of the Russian Federation, Academician of the Russian Academy of Sciences V.T. Ivashkin.

As the report indicates, the Specialized Commission's work during the specified period



Figure 2. Presentation of the diploma to the winner of the poster session competition K.A. Lesko. The diploma is presented by the chairman of the competition committee S.A. Bulgakov

Рисунок 2. Вручение диплома победителя конкурса стендовых докладов К.А. Лесько. Диплом вручает председатель конкурсной комиссии С.А. Булгаков

was conducted in several areas. The primary focus was on achieving the Russian Ministry of Health's objective of reducing mortality from major gastrointestinal diseases (primarily peptic ulcers, liver disease, and pancreatic diseases).

In accordance with the instructions of the Russian Ministry of Health, an analysis was conducted of the dynamics of mortality from the main diseases of the digestive system (peptic ulcer, liver and pancreas diseases) for the first 6 months of 2025 compared to the same period in 2024 in the following federal districts: Ural (Chief Gastroenterologist — Professor I.B. Khlynov), Southern (Chief Gastroenterologist — Professor N.V. Korochanskaya), Volga (Chief Gastroenterologist — Professor O.P. Alekseeva), North-West (Chief Gastroenterologist — Professor A.Yu. Baranovsky), Far East (Chief Gastroenterologist — Professor S.A. Alekseenko), Siberian (Chief Gastroenterologist — Professor V.V. Tsukanov), Central (Chief Gastroenterologist — Professor O.Yu. Zolnikova, as well as an analysis of mortality rates in the constituent entities of the Siberian Federal District, conducted by the district's Chief Specialist, Professor V.V. Tsukanov, was presented. The chief gastroenterologists of all aforementioned federal districts provided comprehensive and timely data on the dynamics of mortality rates from gastrointestinal diseases over the period. The data presented are presented in Table 1.

An analysis of mortality rates from gastrointestinal diseases in the Russian Federation for the first half of 2025 compared to the same period last year revealed that the Ural, Southern, Volga, Siberian, Central, and Northwestern Federal Districts saw a decrease in overall mortality rates (from 1.0 % in the Southern Federal District to 28.2 % in the Northwestern Federal District) and mortality rates from peptic ulcers (from 2.5 % in the Volga Federal District to 11.3 % in the Central Federal District) over this period. Mortality rates from liver and pancreatic diseases also decreased in the Ural, Central, Northwestern, and Siberian Federal Districts, while mortality rates from liver diseases increased in the Volga Federal District and mortality rates from pancreatic diseases increased in the Southern Federal District.

An increase in overall mortality and mortality from peptic ulcers, liver disease, and pancreatic disease was detected in the Far Eastern Federal District during the reporting period. According to S.A. Alekseenko, the Chief Gastroenterologist of the federal district, the increase in mortality from peptic ulcers is due to the use of anticoagulants and nonsteroidal anti-inflammatory drugs by patients with comorbid conditions, while the increase in mortality from liver and pancreatic disease is associated with excessive alcohol consumption.

The following are indicated as reasons for the increase in mortality rates from diseases of the digestive system in the aforementioned federal districts:

Table 1. Dynamics of mortality rates from diseases of the digestive system in various constituent entities of the Russian Federation in the first 6 months of 2025 compared to the same period in 2024

Таблица 1. Динамика показателей смертности от болезней органов пищеварения в различных субъектах Российской Федерации в первые 6 месяцев 2025 г. по сравнению с аналогичным периодом 2024 г.

| Federal District | General mortality rates from DDS and mortality rates among the working-age population | Peptic ulcer | Liver diseases | Pancreatic diseases |
|------------------|---|---------------------|--------------------|---------------------|
| Far Eastern | ↑ 0.5 % | ↑ 7.0 % | ↑ 2.0 % | ↑ 8.1 % |
| Ural | ↓ 2.6 % (↓ 6.3 %) | ↓ 10.3 % (↓ 10.2 %) | ↓ 3.3 % (↓ 3.8 %) | ↓ 12.4 % (↓ 15.7 %) |
| Southern | ↓ 1.0 % (↓ 3.0 %) | ↓ 2.1 % (↓ 15.3 %) | ↓ 1.0 % (↓ 2.0 %) | ↑ 1.9 % (↑ 6.4 %) |
| Volga | ↓ 5.5 % (↓ 3.9 %) | 12.5 % (0 %) | ↑ 0.9 % (↑ 1.8 %) | ↓ 1.7 % (↓ 1.7 %) |
| Northwestern | ↓ 28.2 % (13.7 %) | ↑ 4.2 % | ↓ 39.3 % | ↓ 0.3 % |
| Siberian | ↓ 3.5 % | ↓ 3.4 % | ↓ 6.0 % | ↓ 4.7 % |
| Central | ↓ 7.6 % (↓ 6.6 %) | ↓ 11.3 % (↓ 5.1 %) | ↓ 7.8 % (↓ 21.0 %) | ↓ 12.4 % (↓ 15.7 %) |

Note: DDS — diseases of the digestive system; values for 2024 are given in brackets.

insufficient staffing of gastroenterologists (especially at the outpatient level); insufficient provision of gastroenterology beds (in particular, in the Ural and Volga Federal Districts); insufficient coverage of gastroenterology patients (primarily those with peptic ulcers and liver diseases) with dispensary observation; poor training of general practitioners in gastroenterology; late presentation of patients for medical care; concomitant diseases; insufficient time allocated for an appointment with one gastroenterology patient; shortage of endoscopic equipment; high levels of alcohol consumption, low health awareness of the population.

Professor V.V. Tsukanov analyzed the dynamics of incidence rates of digestive diseases in the regions of the Siberian Federal District (Table 2) (Fig. 3).

Overall, the situation in the Siberian Federal District appears to be relatively stable. In the first six months of 2025, Tomsk Oblast, Krasnoyarsk Krai, and Kemerovo Oblast, which had the worst gastrointestinal disease rates in the first half of 2024, showed positive trends in the first half of this year: Gastroenterological mortality decreased by 9 % in Tomsk Oblast, by 10 % in Krasnoyarsk Krai, and by 3 % in Kemerovo Oblast, demonstrating the

Table 2. Dynamics of mortality rates from diseases of the digestive system for the first 6 months of 2025 in various constituent entities of the Siberian Federal District compared to the same period in 2024

Таблица 2. Динамика показателей смертности от болезней органов пищеварения за первые 6 месяцев 2025 г. в различных субъектах Сибирского федерального округа по сравнению с аналогичным периодом 2024 г.

| Subject of the Siberian Federal District | Overall mortality rates from DDS | Peptic ulcer disease | Liver diseases | Diseases of the pancreas |
|--|----------------------------------|----------------------|----------------|--------------------------|
| Republic of Khakassia | ↓ 0.1 % | ↑ 45.1 % | ↓ 29.6 % | ↑ 18.5 % |
| Republic of Tyva | ↓ 8.4 % | ↓ 14.6 % | ↓ 26.4 % | ↓ 46.5 % |
| Altai Krai | ↓ 1.6 % | ↓ 10.1 % | ↓ 0.8 % | ↓ 5.0 % |
| Altai Republic | ↓ 15.9 % | ↓ 36.8 % | ↓ 12.3 % | ↓ 25.6 % |
| Novosibirsk Oblast | ↑ 2.7 % | ↑ 6.5 % | ↑ 11.0 % | ↓ 11.5 % |
| Kemerovo Oblast | ↓ 3.9 % | ↓ 0.9 % | ↓ 11.0 % | ↓ 15.6 % |
| Omsk Oblast | ↑ 7.4 % | ↑ 37.0 % | ↑ 17.3 % | ↑ 16.9 % |
| Krasnoyarsk Krai | ↓ 9.4 % | ↑ 9.1 % | ↓ 5.7 % | ↑ 1.1 % |
| Irkutsk Oblast | ↓ 7.8 % | ↓ 18.9 % | ↓ 5.7 % | ↓ 14.8 % |
| Tomsk Oblast | ↓ 9.9 % | ↓ 35.2 % | ↓ 20.8 % | ↑ 1.4 % |

Note: DDS — diseases of the digestive system.



Figure 3. At the joint meeting of the Specialized Commission of the Ministry of Health of the Russian Federation for Gastroenterology and the chief gastroenterologists of the constituent entities of the Russian Federation

Рисунок 3. На совместном заседании Профильной комиссии МЗ РФ по направлению «Гастроэнтерология» и главных гастроэнтерологов субъектов РФ

significant efforts of local healthcare authorities. However, despite some improvement, the highest gastroenterological mortality rate in the Siberian Federal District remains in the Tomsk Region. It should be noted that for the past 10 years, the Tomsk Region was the only region in Russia without a gastroenterology department at its regional hospital. The gastroenterology department has now been restored at the Tomsk Regional Hospital.

The highest mortality rate from peptic ulcer disease in the first 6 months of 2025 was recorded in the Kemerovo Region, while remaining unchanged compared to 2024. An increase in mortality from peptic ulcer disease this year was recorded in the Republic of Khakassia and Omsk Region, but absolute mortality rates from peptic ulcer disease in these regions are comparatively low.

In the first six months of 2024, the highest mortality rates from liver disease were observed in the Kemerovo Region, Tomsk Region, and the Republic of Tyva. However, over the first six months of this year, these rates decreased by 11 % in the Kemerovo Region, by 21 % in the Tomsk Region, and by 26 % in the Republic of Tyva. An increase in relative mortality rates from liver disease was recorded in the Omsk and Novosibirsk Regions in the first six months of 2025, but absolute mortality rates from liver disease in these regions remain low.

Mortality rates from pancreatic diseases in the first six months of 2025 were the highest in

absolute terms in Tomsk Oblast and the Republic of Khakassia, three times higher than in other regions of the Siberian Federal District. The causes of this phenomenon are currently being investigated in Tomsk Oblast, and the medical records of deceased patients are being reviewed.

It should be noted that, in general, gastroenterological mortality rates in the Siberian Federal District remain fairly stable and tend to improve in the first 6 months of 2025 compared to the first half of 2024.

In their work, gastroenterologists in all federal districts are guided by the regulatory legal acts posted on the website of the Russian Ministry of Health, in particular, Order of the Russian Ministry of Health dated November 12, 2012 No. 906n "On approval of the Procedure for the provision of medical care to the population in the profile of "gastroenterology", as well as standards for the provision of medical care for diseases of the digestive system. This year, physicians used approved clinical guidelines for peptic ulcer disease, gastritis and duodenitis, constipation, irritable bowel syndrome, ulcerative colitis, Crohn's disease, diverticular disease, chronic pancreatitis, alcoholic liver disease, non-alcoholic fatty liver disease, chronic viral hepatitis B, chronic viral hepatitis C, chronic viral hepatitis D, liver fibrosis and cirrhosis, cholelithiasis, cholecystitis, enterocolitis, irritable bowel syndrome, and enterocolitis caused by *Clostridioides difficile*. Furthermore, a

list of recommendations that were not approved last year was recently compiled for submission to the Russian Ministry of Health. It includes clinical guidelines for achalasia, gastroesophageal reflux disease, dyspepsia, small intestinal bacterial overgrowth syndrome, autoimmune hepatitis, drug-induced liver injury, and pancreatic diarrhea. The Russian Ministry of Health will now consider approving the list of clinical guidelines subject to reapproval.

During the reporting year, significant work was carried out by the Russian Gastroenterological Association, an all-Russian public organization uniting more than 14,000 gastroenterologists and doctors of other specialties from Russia and abroad.

From September 29 to October 1, 2024, the 30th Anniversary Russian Gastroenterology Congress was held in person at the World Trade Center Congress Center. Approximately 1,300 participants from the Russian Federation, the Republic of Belarus, Georgia, Kazakhstan, Uzbekistan, and Tajikistan attended. Four halls hosted 46 symposia, 207 presentations, and master classes on the most pressing issues in gastroenterology.

The following specialized, single-theme scientific and practical conferences were held in person within the framework of the Russian Gastroenterological Association:

- 52nd Conference “Esophagus-2024” (168 participants), September 2024;
- “Intestinum 2024” (209 participants), November 2024;
- “Stomach 2025. Metabolic Organization of Gastric Functions” (211 participants), February 2025;
- “Therapeutic Biliopancreatology 2025. Metabolism, Comorbidity, Cancer Prevention” (159 participants), June 2025;
- “Esophagus. Inflammation. Motility. Extraesophageal Syndromes”, September 2025.

To enhance the professional training of physicians in gastroenterology, the Russian Gastroenterological Association held online webinars twice a week on the most pressing gastroenterology issues, with an average attendance of approximately 200 people. A total of 97 webinars were held during this period.

The Russian Society for the Study of the Liver has carried out extensive work aimed at improving the quality of medical care for patients with liver diseases, including educational projects, support for young scientists and doctors, and interdisciplinary and international projects.

In March 2025, the international congress “Hepatology Today” was held, in which 680 people took part in the discussion of current issues in hepatology, in particular the draft clinical

guidelines for autoimmune hepatitis, viral hepatitis B and D, as well as the assessment of factors contributing to decompensation of NAFLD.

During the reporting period, six single-theme conferences were held online:

- “Ursodeoxycholic Acid. The Familiar and the New. From Gallstone Dissolution to Regulation of Cellular Processes” (280 participants);
- “I Want to Know Everything About the Little-Studied in Hepatology” (320 participants);
- “Alcoholic Liver Disease: New and Relevant” (160 participants);
- “Discussion of New Clinical Guidelines for NAFLD – An International Dialogue” (215 participants);
- “Psychoneurological Disorders in Liver Disease” (125 participants);
- “Neurological Disorders in the Practice of a Hepatologist: From Common to Rare” (105 participants).

Additionally, 37 webinars on various hepatology topics were held in 2024–2025.

A large number of events were held by the Scientific Society for the Advancement of Clinical Research of the Human Microbiome. In September 2024, the scientific and practical conference “Physiological and Pathophysiological Processes in Gastroenterology. Microbiota as a Key Player” (539 participants) was held. In November, a scientific and practical conference, “Chronic Non-Infectious Diseases Associated with Microbiota Alterations. From Pathogenesis to Treatment”, was held (748 participants). In April 2025, a two-day All-Russian Conference, “The Human Microbiome as a Factor Determining Quality and Lifespan”, was held (488 participants). The Scientific Society for the Advancement of Clinical Research of the Human Microbiome held 17 webinars on current issues of intestinal microbiota alterations in various gastrointestinal diseases.

Continuing attention has been paid to improving the professional training of gastroenterologists and primary care physicians through the National College of Gastroenterology and Hepatology. In October 2024, the 127th visiting session of the National College of Gastroenterology and Hepatology of the Russian Gastroenterological Association, “Modern Gastroenterology: Through the Lens of New Knowledge”, was held in Krasnodar, attended by 230 participants. In November 2024, the 128th Autumn Session of the National College of Gastroenterology and Hepatology, “The Science of Longevity”, was held (500 participants). Finally, in April 2025, the 129th Spring Session of the National College of Gastroenterology and Hepatology, “Unifying Gastroenterology”, was held (520 participants).

Among the College's participants, in addition to physicians from various regions of Russia, were representatives from Kazakhstan, Belarus, and Georgia.

The lectures were designed to include a range of specialized training modules in accordance with accepted international and Russian standards for training gastroenterology specialists. This provided an opportunity to become familiar with clinical guidelines and patient care standards, as well as to conduct interactive training on solving clinical problems and discussing clinical cases.

Members of a specially created Working Group, led by Professor V.T. Ivashkin, President of the Russian Gastroenterological Association, and Professor O.Yu. Zolnikova, as its coordinator, have completed extensive work to develop standard supplementary professional educational programs in the specialty of "Gastroenterology", including advanced training (144 hours) and professional retraining (576 hours). The programs were completed on time and are currently undergoing review and approval by the Methodological Center of the Russian Ministry of Health, after which they will be submitted to the Russian Ministry of Justice for approval in March 2026.

The primary tasks facing gastroenterologists at present are the examination and treatment of patients with gastrointestinal diseases in accordance with clinical guidelines prepared under the auspices of the Russian Gastroenterological Association

and approved by the Russian Ministry of Health; preventive endoscopic examination of the upper and lower gastrointestinal tract (gastro- and colonoscopy) in individuals over 45 years of age for the purpose of cancer prevention and early detection of malignant tumors; improvement of remote consultations by gastroenterologists for patients with gastrointestinal diseases in regions with low availability of specialized gastroenterological care; conducting educational work among the population in conjunction with the media on maintaining a healthy lifestyle and the dangers of smoking and drinking alcohol; improving the professional skills of gastroenterologists, therapists, and general practitioners within the framework of educational programs and events of the Russian Ministry of Health and the Russian Gastroenterological Association.

In conclusion, it should be noted that the Russian Ministry of Health's Specialized Commission on Gastroenterology is conducting extensive work aimed at the early detection and successful treatment of digestive diseases (primarily cancer), improving the educational level and professional qualifications of gastroenterologists, as well as primary care physicians involved in providing medical care to patients with gastrointestinal diseases. There is every reason to believe that this work will contribute to a reduction in the incidence and mortality of digestive diseases in the Russian Federation.

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