

# 2019 SCSG GI SYMPOSIUM



# Controversies (and Breakthroughs) of Colonoscopy

Questions and (Some) Answers from  
DDW and the Literature in 2019 (and  
2018)

# Outline

- Improving Polyp Detection
- Colon Polypectomy
  - Just how good (or bad) are we?
  - Is “EMR” Changing?
- Preventing Delayed Post-Polypectomy Bleeds
  - Next Talk
- Colonoscopy Inspection, Detection, and Resection: Computers to the Rescue?

# Improving Polyp Detection





# Guiding Principle



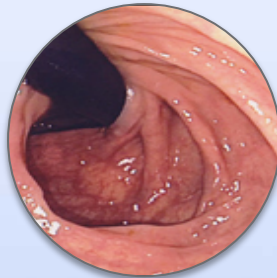
Implementing  
Systems-Based Best  
Practice Techniques

- Split Dose Bowel Preparation



Improving  
Implementation of  
Existing Techniques  
& Technology

- Quality Metric Measurement/Feedback
- Training
- Video Coaching
- High Definition Colonoscopes



Implementing  
Novel Techniques  
Using Existing  
Technology

- Cecal Retroflexion
- Water Immersion
- Chromoendoscopy



Developing  
Accessories to  
Utilize with  
Existing  
Technology

- Mucosal Exposure Devices



Developing  
Novel/Disruptive  
Technology

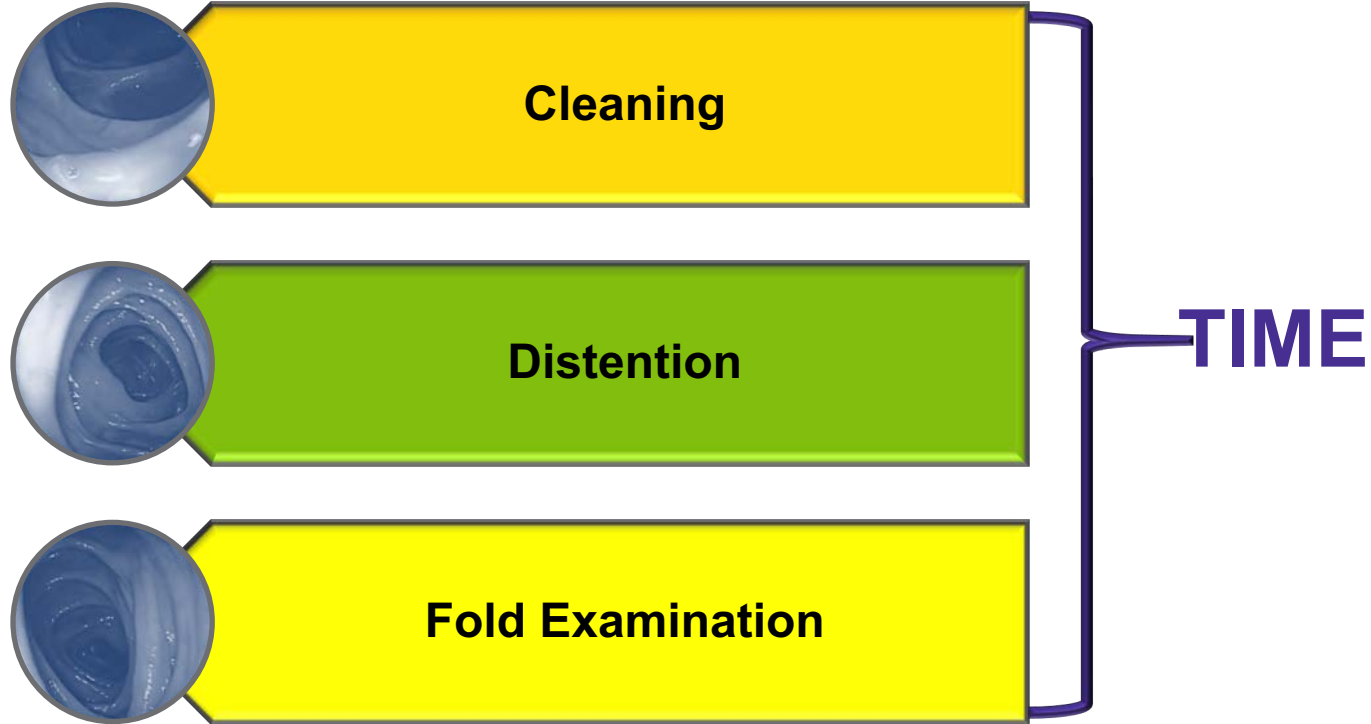
- Artificial Intelligence
- New "wide field of view" colonoscopes

*Easier*

*Harder*

# Components to Optimal Colonoscopy Inspection

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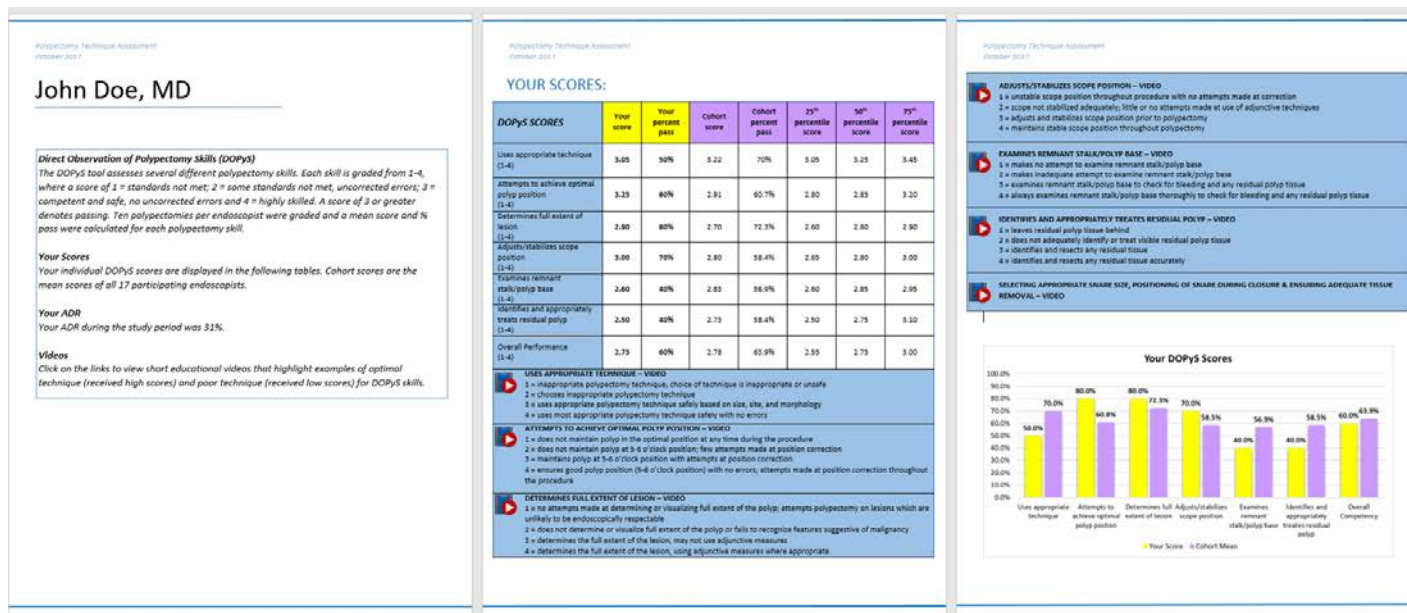


# Methods: *Grading Colonoscopy Inspection Quality*

Score	0	1	2	3	4	5
<b>Fold Examination</b>	<b>Very Poor</b> <i>Not looking behind any folds; "straight pull-back" technique</i>	<b>Poor</b>	<b>Fair</b>	<b>Good</b>	<b>Very Good</b>	<b>Excellent</b> <i>Looking behind all folds</i>
<b>Cleaning</b>	<b>Very Poor</b> <i>No attempt to clean stool and pools of liquid</i>	<b>Poor</b>	<b>Fair</b>	<b>Good</b>	<b>Very Good</b>	<b>Excellent</b> <i>All stool and pools of liquid removed</i>
<b>Luminal Distension</b>	<b>Very Poor</b> <i>No colonic distension, or spasm</i>	<b>Poor</b>	<b>Fair</b>	<b>Good</b>	<b>Very Good</b>	<b>Excellent</b> <i>Optimal colonic distension</i>

Modified from Rex D, GIE 2000.

# Can We Deliver More Granular Feedback?





# Structured Feedback with Video Didactics

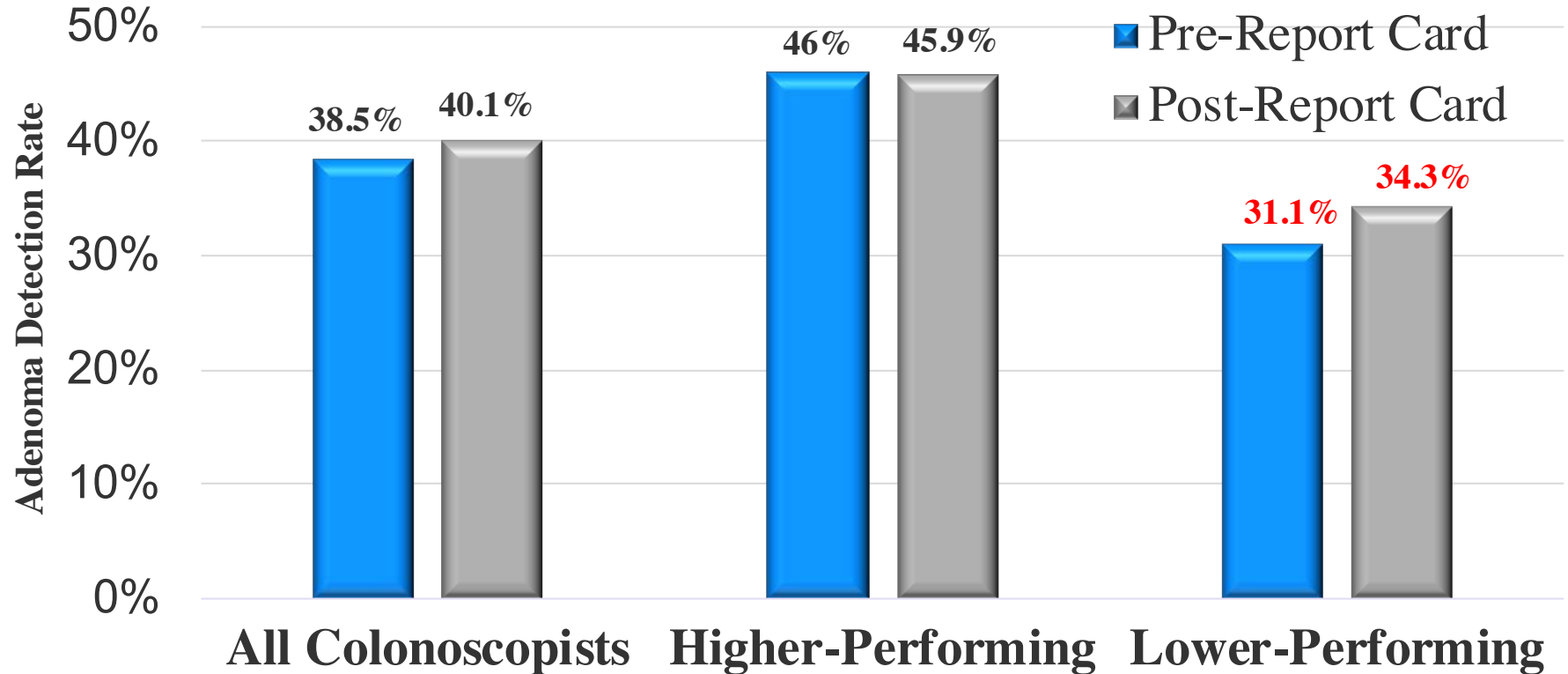
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## Fold Examination

- A careful examination of the colonic folds is a crucial element to excellent withdrawal technique
- Look 360° behind all folds and avoid a “straight pull-back technique”
- Additional attention needed in segments with deep folds and at flexures
- Cecal retroflexion can help to see the back of the folds in the ascending colon; however, simply retroflexing without a careful inspection of the folds has no added benefit

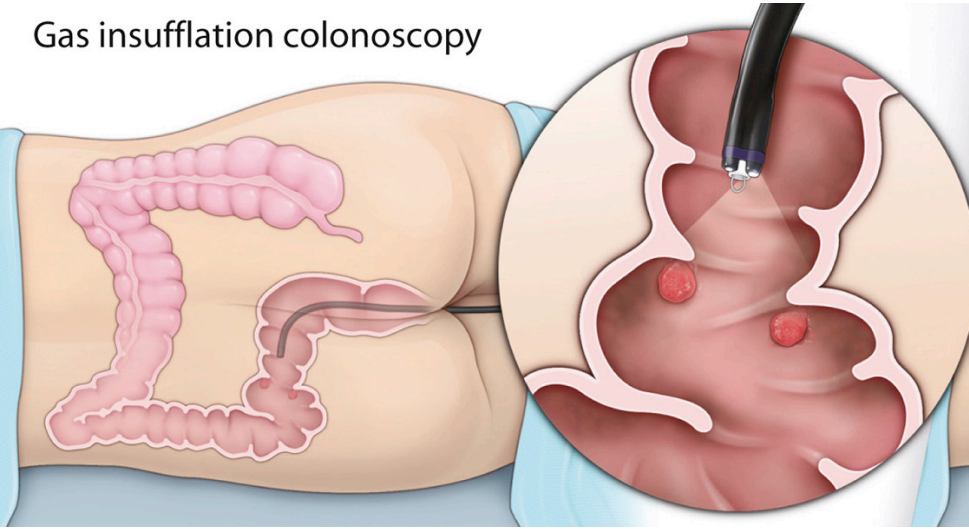
# Video Coaching to Improve ADR

ADR significantly improved among lower-performing colonoscopists ( $p < 0.05$ )

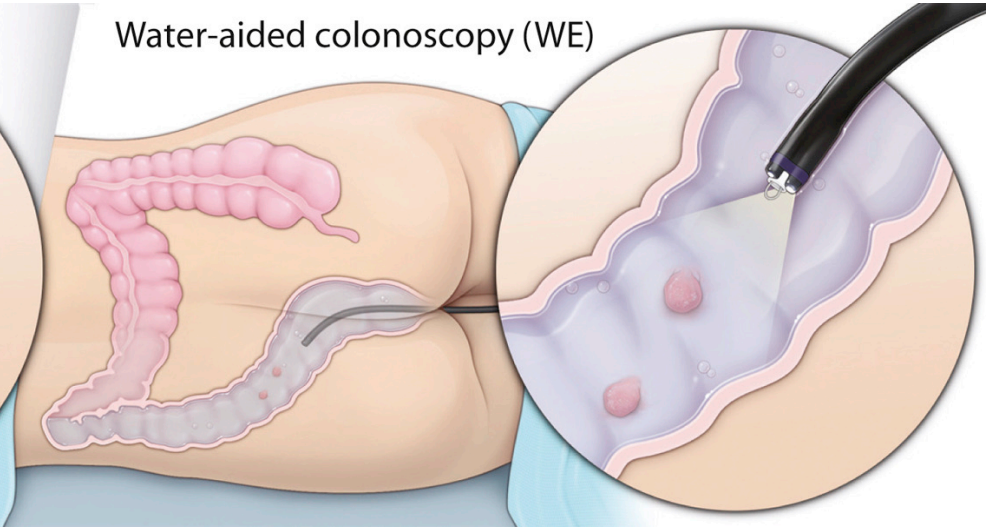


# Water Aided Colonoscopy Impact on ADR

Gas insufflation colonoscopy

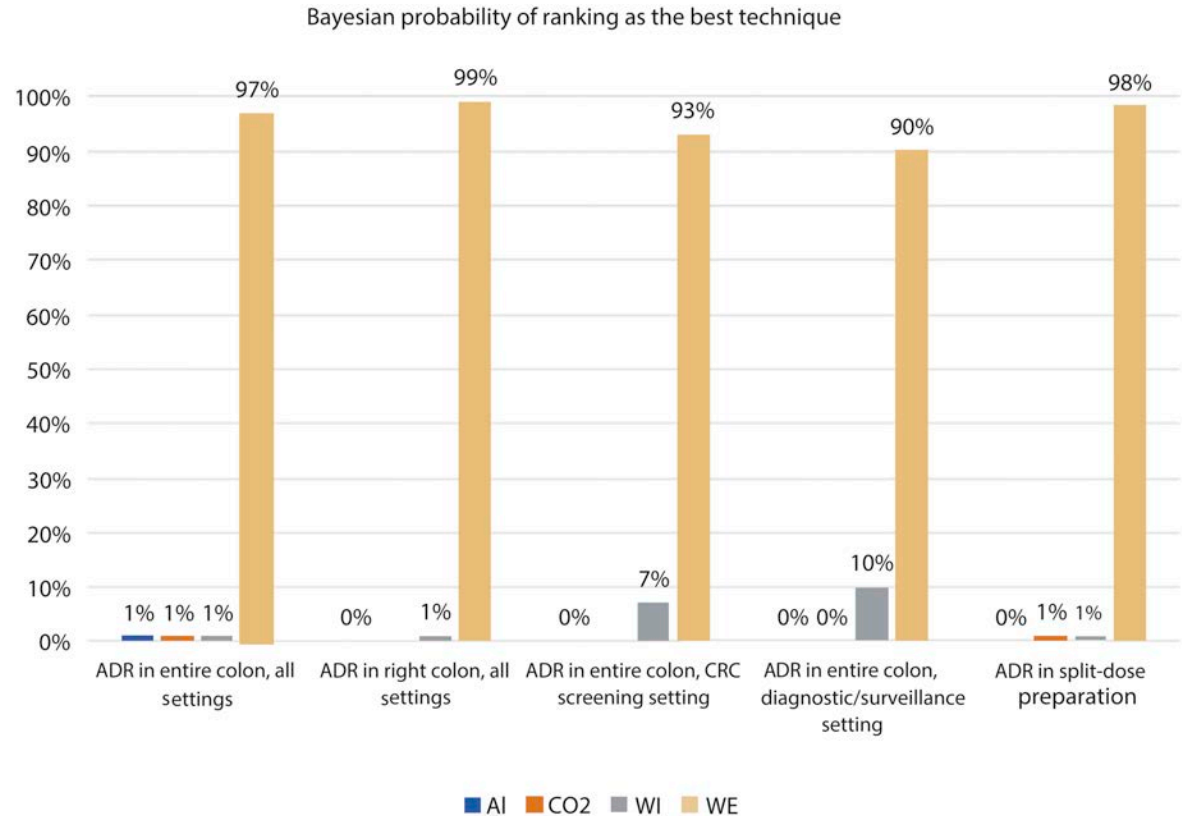


Water-aided colonoscopy (WE)



# Water Aided Colonoscopy Impact on ADR

- Raw estimates of overall ADR were
  - **WE:** 41.7%
  - **WI:** 34.4%
  - **AI:** 30.2%
  - **CO<sub>2</sub>:** 31.1%



# Chromoendoscopy

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- Prior studies with a significant increase in adenoma detection in chromoendoscopy
- However, the increase in adenoma detection was small without increase in advanced adenoma detection
- Given difficulty in use of chromoendoscopy, it has not been widely adopted for routine screening colonoscopy





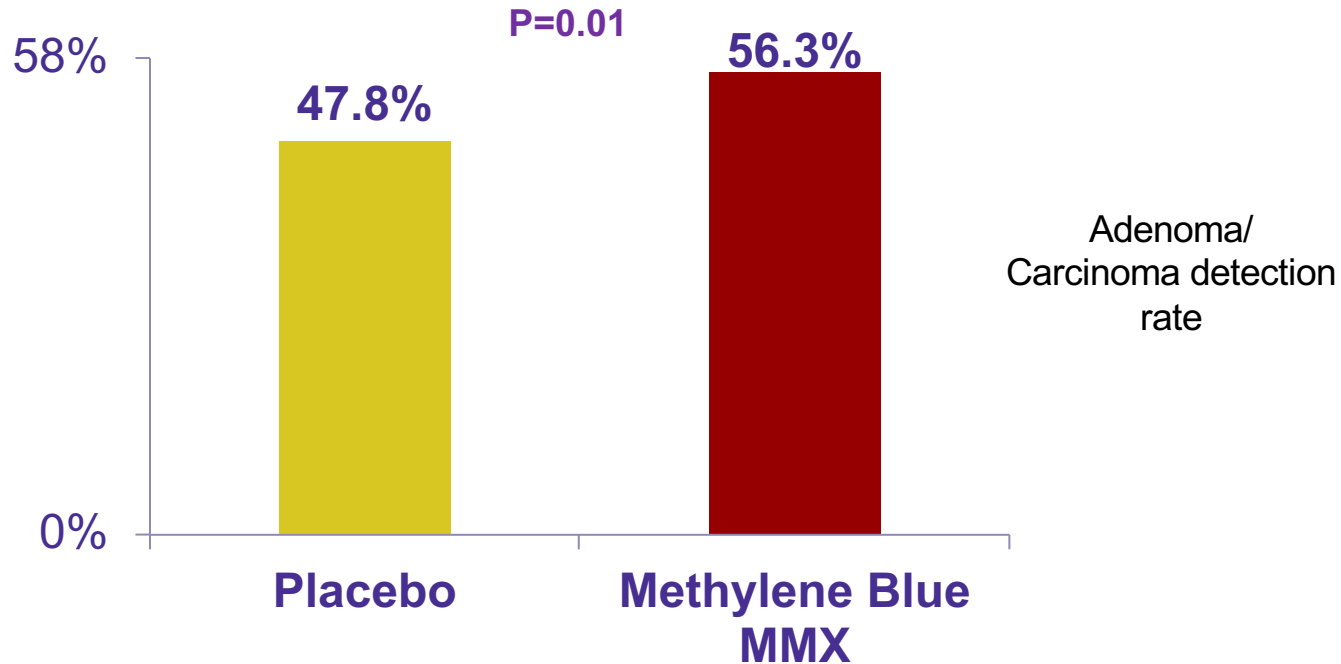
# Chromoendoscopy that is tolerable (for the colonoscopist)

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# Chromoendoscopy that is tolerable (for the colonoscopist)

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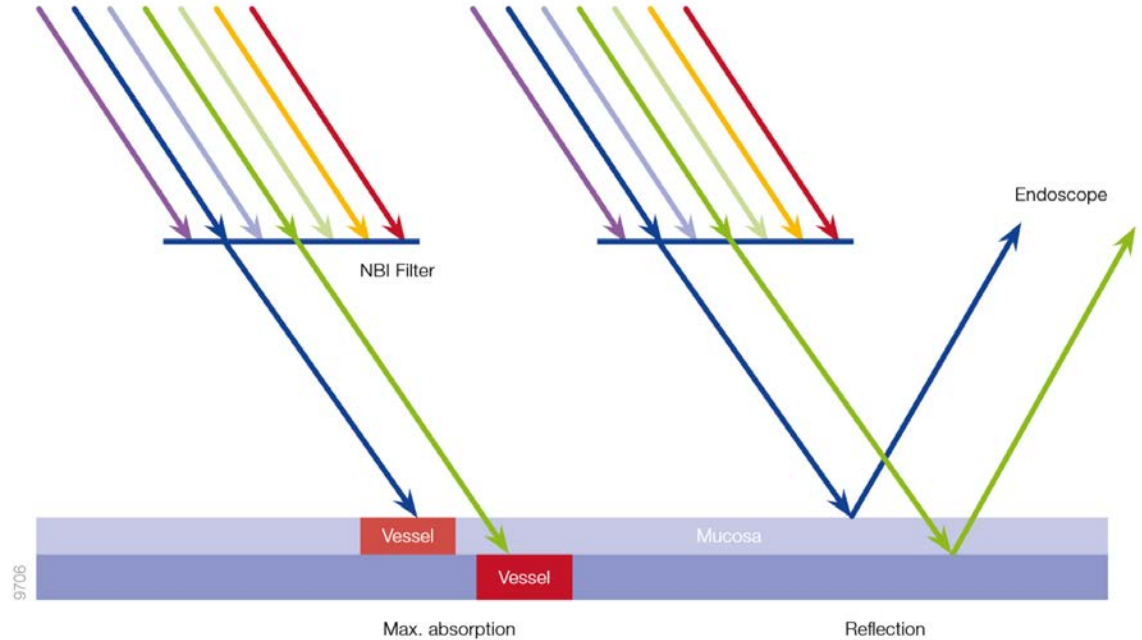
# Improving ADR via Lights and More

- Lights
  - Traditionally found to be **ineffective** at improving ADR likely because everything is just too dark.
  - Newer data emerging, especially for NBI (Olympus) and BLI (FUJI)
- Devices discussed yesterday but brief recap

# Narrow Band Imaging



EVIS EXERA III series 190



Absorption of narrow band light by capillaries on the mucosal surface (blue) and veins in the submucosa (green).

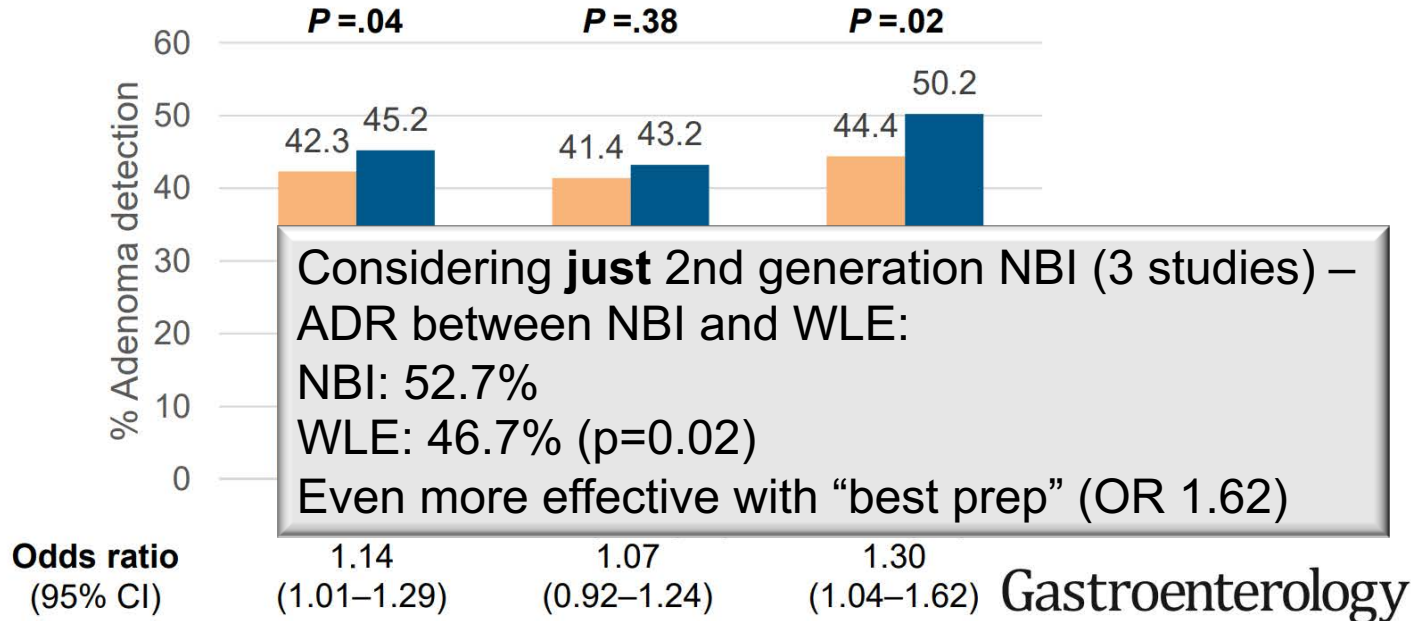
# Narrow Band Imaging

Individual patient level data meta-analysis for high definition White Light Endoscopy (WLE) vs Narrow Band Imaging (NBI) stratified by bowel preparation

11 international centers



4491 individual  
patient datasets





# Blue Light Imaging

- Multiple randomized studies demonstrating superiority of BLI versus WLE

Innovations and brief communications

Thieme

## The adenoma miss rate of blue-laser imaging vs. white-light imaging during colonoscopy: a randomized tandem trial

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### Bibliography

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### ABSTRACT

**Background and study aims** The aim of the present study was to determine whether blue-laser imaging (BLI) reduced the miss rate of colon adenomatous lesions compared with conventional white-light imaging (WLI).

**Patients and methods** This was a prospective randomized study of patients undergoing screening and/or surveillance colonoscopy at Saga Medical School, Japan. A total of 127 patients were randomized to tandem colonoscopy with BLI followed by WLI (BLI-WLI group) or WLI followed by WLI (WLI-WLI group). The main outcome measure was the adenoma miss rate.

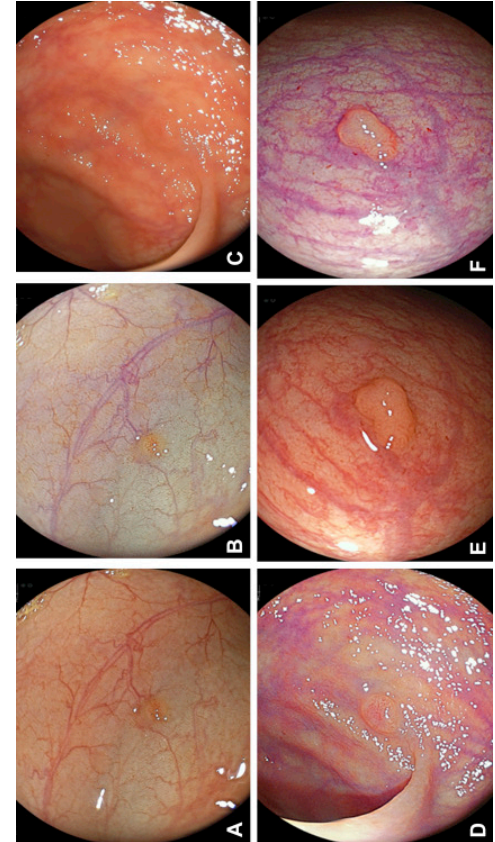
**Results** The proportion of patients with adenomatous lesions was 62.5% (40/64) in the BLI-WLI group and 63.5% (40/63) in the WLI-WLI group. The total number of adenomatous lesions detected in the first inspection of the BLI-WLI and WLI-WLI groups was 179 and 108, respectively, compared with 182 and 120 in the second inspection, respectively. The miss rate in the BLI-WLI group was (1.6%), which was significantly less than that in the WLI-WLI group (10.0%,  $P=0.001$ ).

**Conclusions** Colonoscopy using BLI resulted in a lower colon adenoma miss rate than WLI.

Trial registration UMIN 000015677.

# Linked Color Imaging (FUJI)

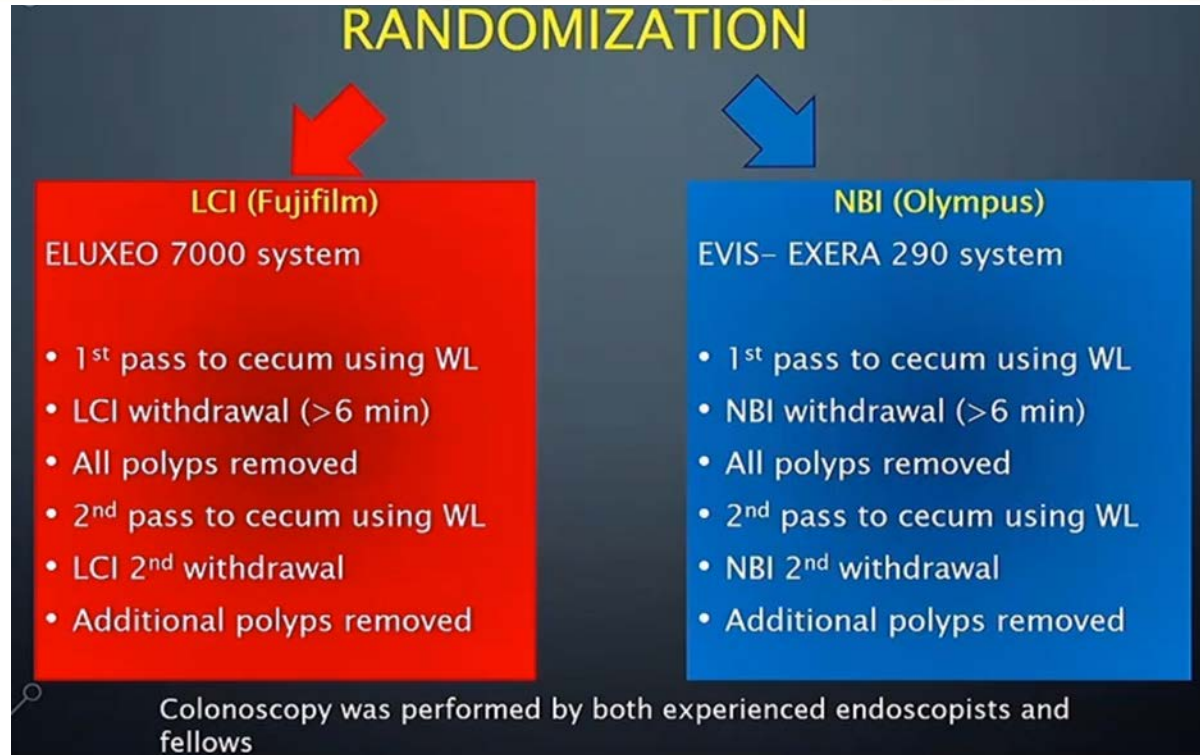
- Post-processing technique which emphasizes mucosal pattern/color and blood vessels
- Superior to WLE for detection of colorectal polyps, including SSPs



*MIN ET AL, GIE, 2017*

*FUJIMOTO ET AL., EIO, 2018*

# LCI versus NBI



# LCI versus NBI

	LCI	NBI	P
First colonoscopy			
Patients with polyps (%)	76 (55.9)	97 (71.3)	0.008
Patients with adenomas (%)	54 (39.7)	70 (51.5)	0.05
Patients with advanced adenomas (%)	9 (6.6)	9 (6.6)	1.0
Patients with serrated polyps (%)	30 (22.1)	47 (34.6)	0.02
Patients with proximal polyps (%)	56 (41.2)	56 (41.2)	1.0
Patients with proximal adenomas (%)	43 (31.6)	48 (35.3)	0.52
Mean number of polyps per patient (SD)	1.35 (1.80)	2.04 ± 2.91	0.019
Mean number of adenomas per patient (SD)	0.90 (1.48)	1.26 ± 2.25	0.11

	LCI	NBI	P
Second colonoscopy			
Patients with polyps (%)	38 (27.9)	48 (35.3)	0.19
Patients with adenoma (%)	21 (15.4)	28 (20.6)	0.27
Patients with advanced adenoma (%)	4 (2.9)	2 (1.5)	0.68
Patients with serrated polyps (%)	13 (9.6)	20 (14.7)	0.19
Patients with proximal polyps (%)	13 (9.6)	27 (19.9)	0.017
Patients with proximal adenoma (%)	8 (5.9)	18 (13.2)	0.04
Mean number of polyps per patient (SD)	0.38 (0.70)	0.50 (0.82)	0.17
Mean number of adenomas per patient (SD)	0.23 (0.61)	0.25 (0.54)	0.33

# Comparing Mucosal Exposure Devices

- Evaluate Endocuff and Endorings compared to HD forward viewing colonoscopy
- Compare three mucosal exposure devices to each other *i.e* Endocuff *versus* EndoRings *versus* FUSE.

Olympus HD colonoscope



Olympus HD colonoscope with Endocuff



Olympus HD colonoscope with EndoRings



Full Spectrum Endoscopy (FUSE)





# Detection endpoints

## APC

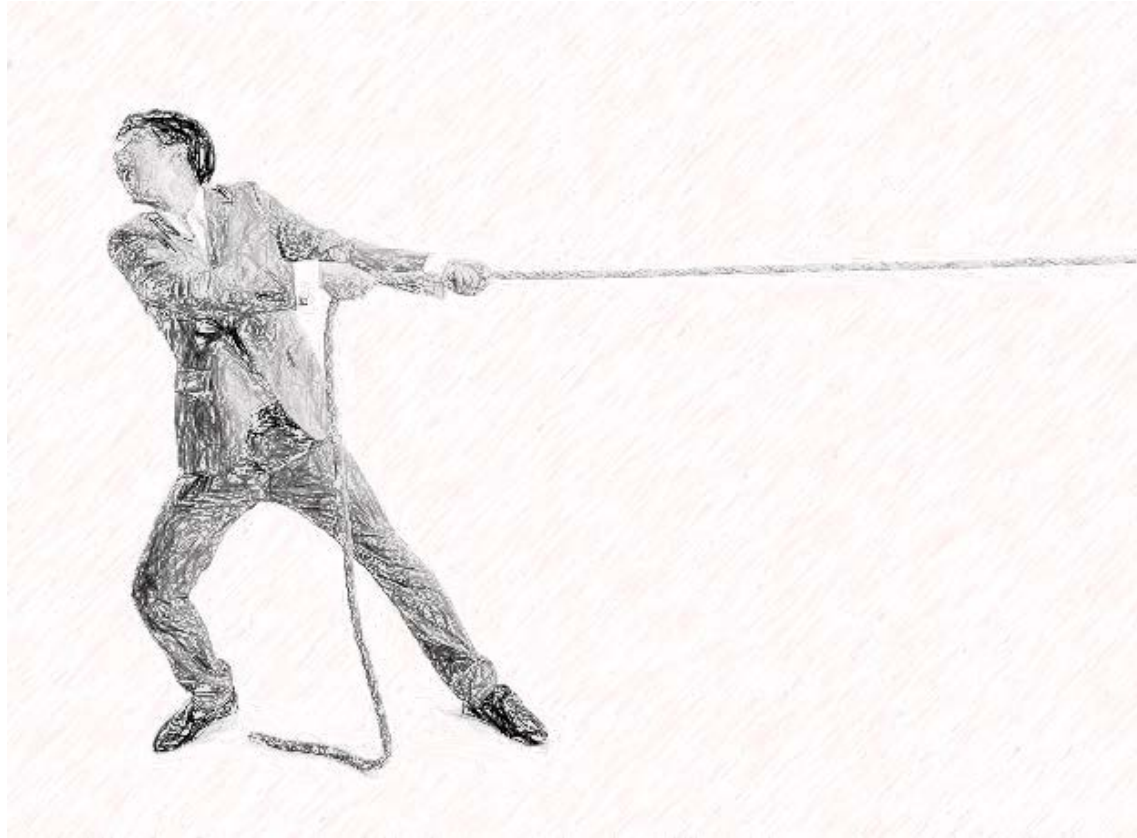
- The overall APC with Endocuff, EndoRings, and control were all higher than FUSE ( $p < 0.001$ )
- APC with Endocuff was higher than control ( $p=0.014$ )
- Right colon APC was higher for Endocuff ( $p<0.001$ ), EndoRings ( $p=0.043$ ) and control ( $p=0.003$ ) compared to FUSE; Endocuff was higher than control ( $p=0.023$ )
- There were no differences between modalities in APC for conventional adenomas  $\geq 10$  mm either overall ( $p=0.306$ ) or at any of the study sites.

	Study arm			
	Control	Endocuff	EndoRings	FUSE
<b>Adenomas per colonoscopy (APC)</b>				
All sites	1.53 (2.33)	1.82 (2.58)	1.55 (2.42)	1.30 (1.96)
Indianapolis	1.89 (2.69)	2.17 (2.88)	1.97 (2.77)	1.59 (2.18)
Milan	0.83 (1.18)	0.80 (1.25)	0.72 (1.17)	0.68 (1.19)
New York	0.92 (1.15)	2.00 (2.34)	0.75 (0.94)	0.80 (1.32)
<b>SSP per colonoscopy</b>				
All sites	0.17 (0.54)	0.17 (0.54)	0.20 (0.81)	0.18 (0.74)
Indianapolis	0.24 (0.64)	0.23 (0.63)	0.29 (0.98)	0.25 (0.89)
Milan	0.03 (0.16)	0.04 (0.26)	0.01 (0.12)	0.03 (0.16)
New York	0.04 (0.20)	0.07 (0.26)	0.04 (0.20)	0.04 (0.20)

## SSPC

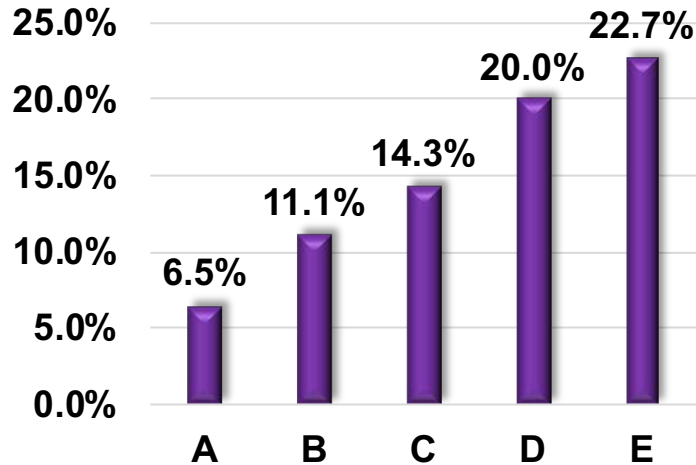
- There were some statistically significant differences between devices in serrated detection but they were small and did not appear clinically significant

# Controversies in Polypectomy



# Variability in Colon Polypectomy Performance

## Incomplete Resection Rate Varies by Endoscopist



- In a study of 5 endoscopists removing 346 polyps, 10.1% of polyps overall were incompletely resected
- This rate varied significantly by endoscopist

# Diminutive ( $\leq 5$ mm) Polypectomy

	All polyps (N=261 polyps)	Jumbo forceps (N=144 polyps)	Cold snare (N=117 polyps)	P value
Incomplete resection, <i>n</i> (%)	25 (9.6%)	16 (11.1%)	9 (7.7%)	0.41
Failure of tissue retrieval, <i>n</i> (%)	5 (1.9%)	0 (0%)	5 (4.3%)	0.02
Post-polypectomy bleeding, <i>n</i> (%)	0 (0%)	0 (0%)	0 (0%)	N/A
Perforation, <i>n</i> (%)	0 (0%)	0 (0%)	0 (0%)	N/A

# Measuring Polypectomy Technique

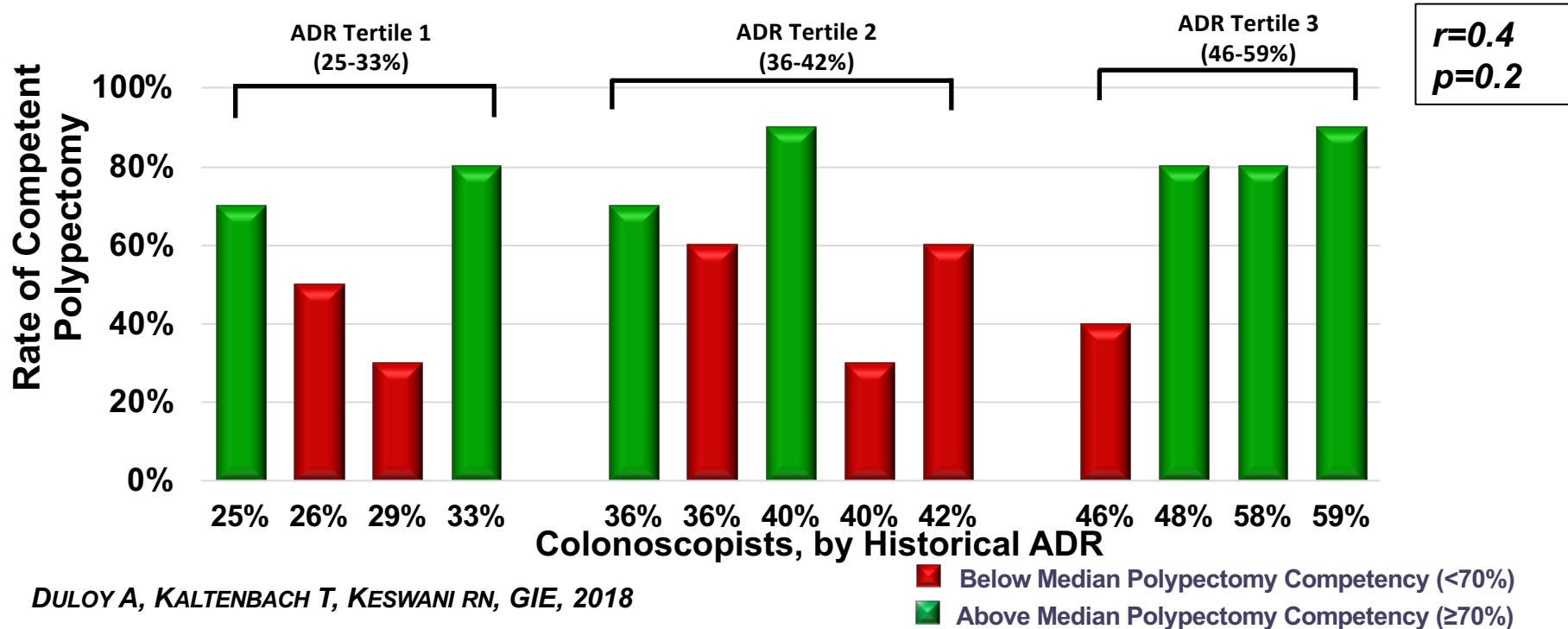
- Direct Observation of Polypectomy Skills (DOPyS)
  - 33 individual skills and overall polypectomy competency graded from 1-4, with a score  $\geq 3$  denoting competency

Skill	Descriptors
Achieves optimal polyp view and position	<ul style="list-style-type: none"><li>• Ensures clear views by aspiration/insufflation/wash</li><li>• Maintains optimal polyp position (5-6 o'clock)</li><li>• Takes appropriate action for position correction and clear views throughout the procedure</li></ul>



# Good Polyp Detectors are not Necessarily Good Polyp Resectors

Polypectomy competency rates do not correlate with ADR

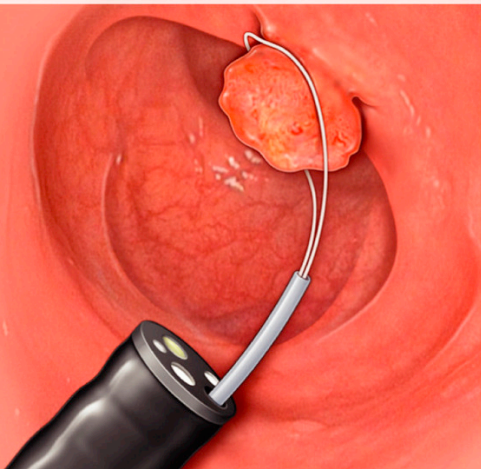


# Video Coaching to Improve Technique

Use of Inappropriate  
Technique  
(Score 2)

# Video Coaching to Improve Technique

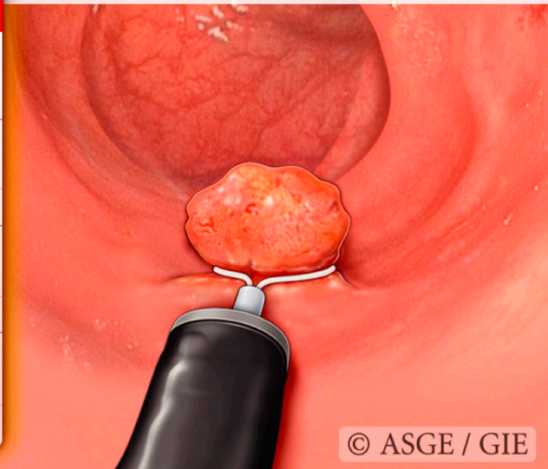
Pre-report card



Overall polypectomy competency in the pre- vs post-report card phase

	Phase 2: Pre-report card	Phase 3: Post-report card	P value
<b>All Polyps</b>			
Mean DOPyS Score (SD)	2.7 (0.87)	3.0 (0.76)	.01
Rate of Competent Polypectomy	56.4%	69.1%	.04
<b>Diminutive Polyps (&lt;6 mm)</b>			
Mean DOPyS Score (SD)	2.7 (0.91)	3.3 (0.76)	<.0001
Rate of Competent Polypectomy	56.7%	80.5%	.001
<b>Small-to-Large Polyps (≥6 mm)</b>			
Mean DOPyS Score (SD)	2.65 (0.65)	2.4 (0.93)	.3
Rate of Competent Polypectomy	55%	35.7%	.2

Post-report card



© ASGE / GIE

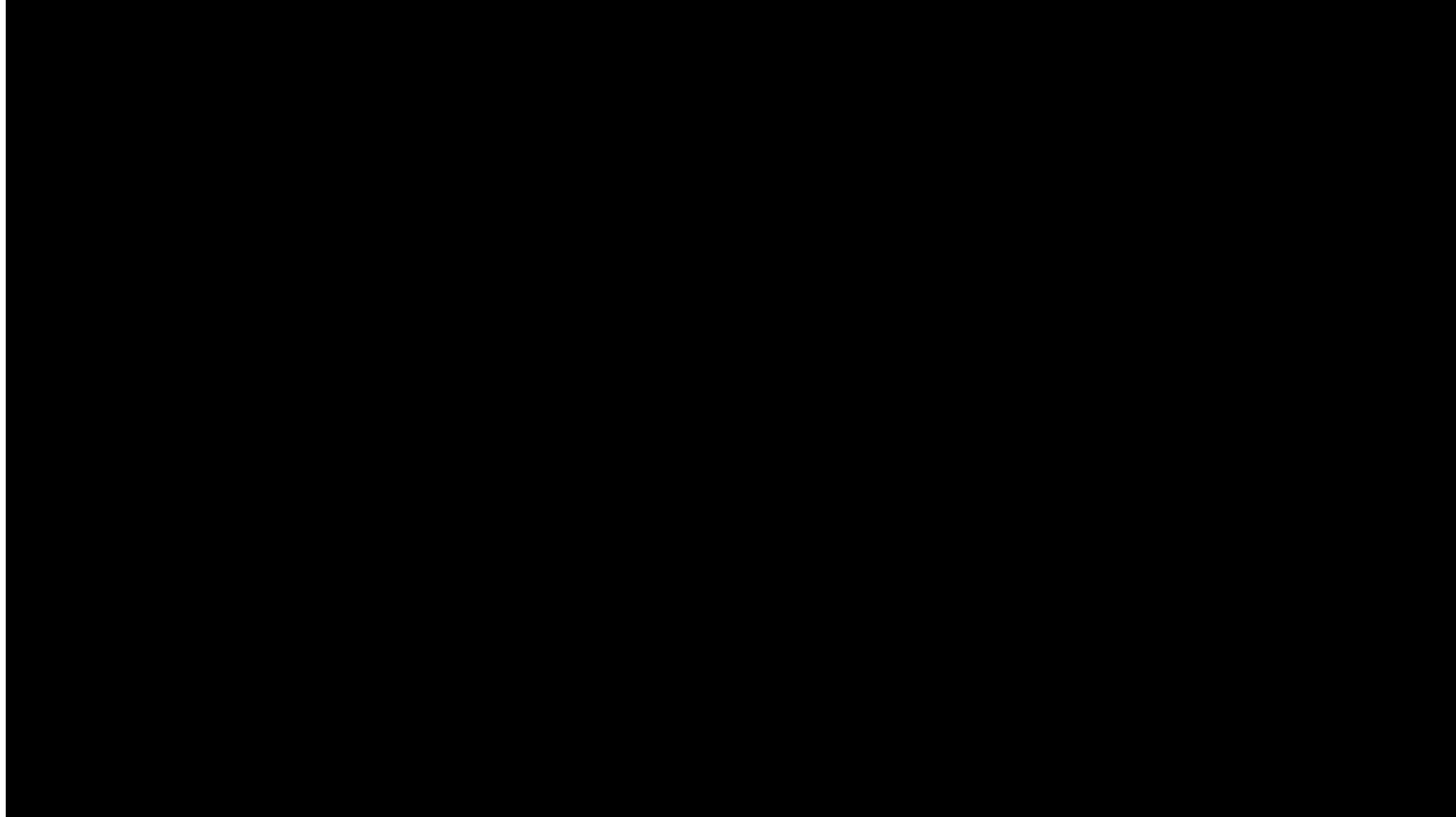
# The Changing Landscape of Endoscopic Resection

- Cold EMR
- Underwater EMR
- Full Thickness Resection
- No EMR? (ESD)
  - Covered another day!

# Cold EMR

- Applied generally for SSPs
- Goal is to reduce/eliminate risk of post-polypectomy bleeding which can be as high as 5% in large right-sided lesions

# What is Cold EMR?





# Early Data Supporting Cold EMR

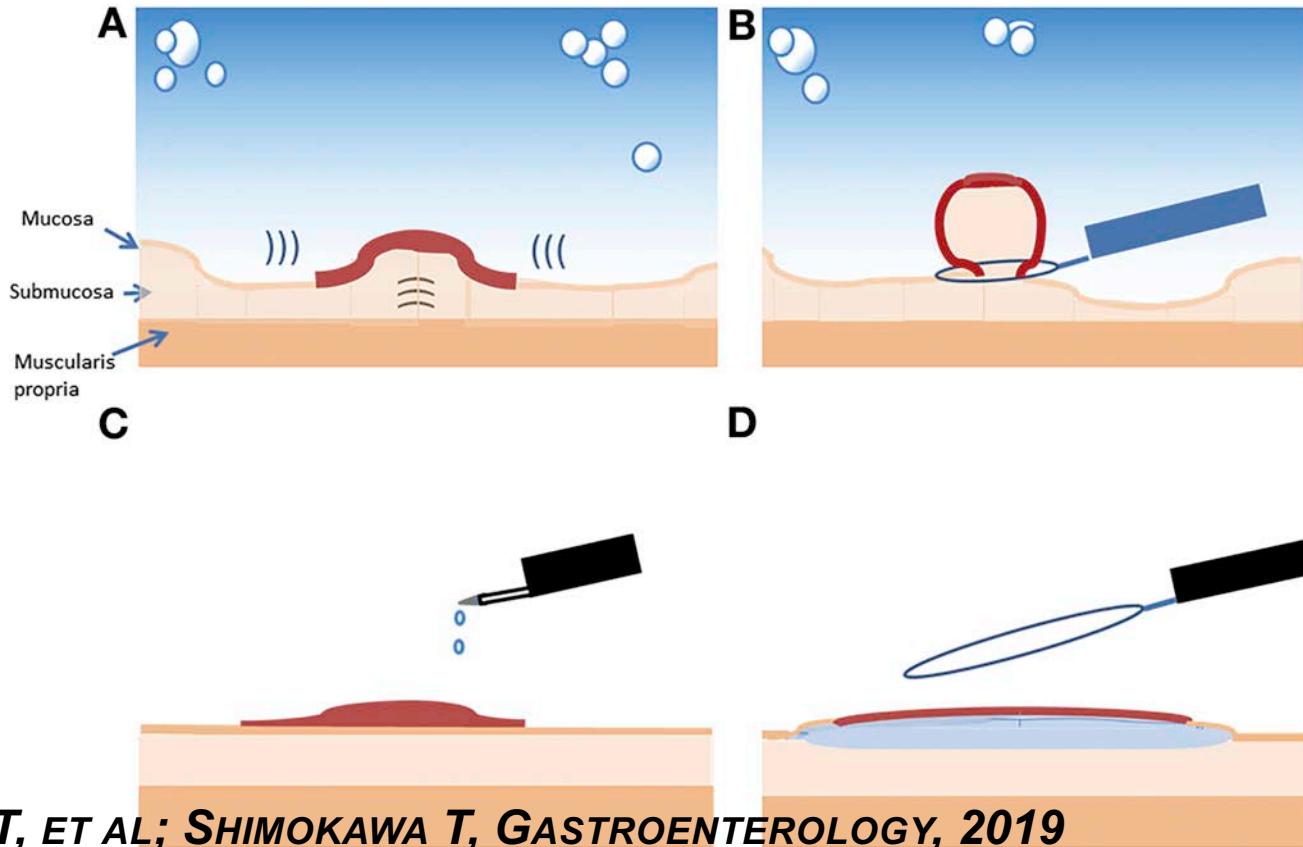
- Systematic review and pooled analysis for SSPs

Events	≥ 10 mm polyps (n=829 pts)	≥ 20 mm polyps (n= 361 pts)	Cold EMR (n=112 pts)
Recurrence rate	5.5% (CI: 2.7%-8.4%)	7.2% (CI: 3.1%-11.3%)	1.2% (CI: 0%-3%)
En-bloc vs piecemeal recurrence rates	2.6% (CI: 0.5%-4.7%) vs 3.4% (CI: 0.1% - 6.6%)	NA	NA
Technical success	99.5% (CI: 99.1%-99.9%)	99.1% (CI: 98.3%-99.8%)	98.7% (CI: 97.1%-100%)
Immediate bleeding	1.5% (CI: 0.2%-2.8%)	3% (CI: 0.3%-5.6%)	1.1% (CI: 0% - 3.1%)
Delayed bleeding	2% (CI: 0.5%-3.4%)	3.6% (CI: 1.9%-5.4%)	0%
Perforation	0.4% (CI: 0%-0.9%)	0.5% (CI: 0%-1.2%)	0%

# What is Underwater EMR?

- Underwater Endoscopic Mucosal Resection (UEMR) without submucosal injection has emerged as an alternative technique to conventional injection-assisted EMR (CEMR)
  - First described by Binmoeller et al. in 2012
    - Numerous publications since
  - Recent retrospective comparative study of UEMR vs CEMR
    - Lower adenoma recurrence rate with UEMR (7.3% vs 28.3%)
    - Fewer procedures to reach curative resection (1.0 vs 1.3)
    - No difference in adverse events
- No prospective randomized data comparing UEMR vs standard EMR

# Rationale for Underwater EMR



***YAMASHINA T, ET AL; SHIMOKAWA T, GASTROENTEROLOGY, 2019***

# What is Underwater EMR?

**@RKeswaniMD**  
**Northwestern Medicine**

# Results

Outcomes	CEMR (n = 106)	UEMR (n = 113)	P-Value
# of resection pieces			
1 (en bloc)	27 (25.5%)	58 (51.3%)	p=0.001
2	16 (15.1%)	16 (14.2%)	
3	16 (15.1%)	11 (9.7%)	
>3	47 (44.3%)	28 (24.8%)	p=0.003
Additional Techniques required			
Biopsy forceps (cold)	16 (15.1%)	7 (6.2%)	
APC	3 (2.8%)	1 (0.9%)	
Hot avulsion	9 (8.5%)	5 (4.4%)	
All additional techniques	28 (26.4%)	13 (11.5%)	p=0.006

- Prophylactic clips used equally

# Results

Outcomes	CEMR (n = 106)	UEMR (n = 113)	P-Value
Resection time (min)	16.3 ± 13.0 (2 – 85)	10.1 ± 8.5 (1 – 45)	p<0.0001
Total procedure time (min)	43.4 ± 20.4 (15 - 120)	36.4 ± 19.9 (10 - 110)	p=0.011

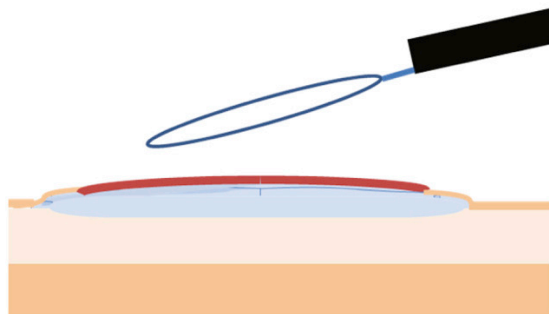
- UEMR resulted in significantly shorter resection time as well as shorter total procedure time



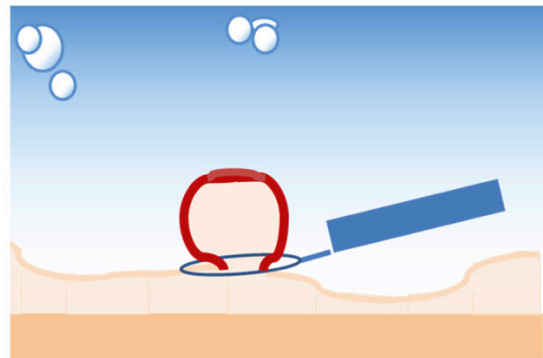
# Underwater EMR

## Comparison of underwater and conventional endoscopic mucosal resection (EMR) for intermediate-size colorectal polyps

Conventional EMR



Underwater EMR

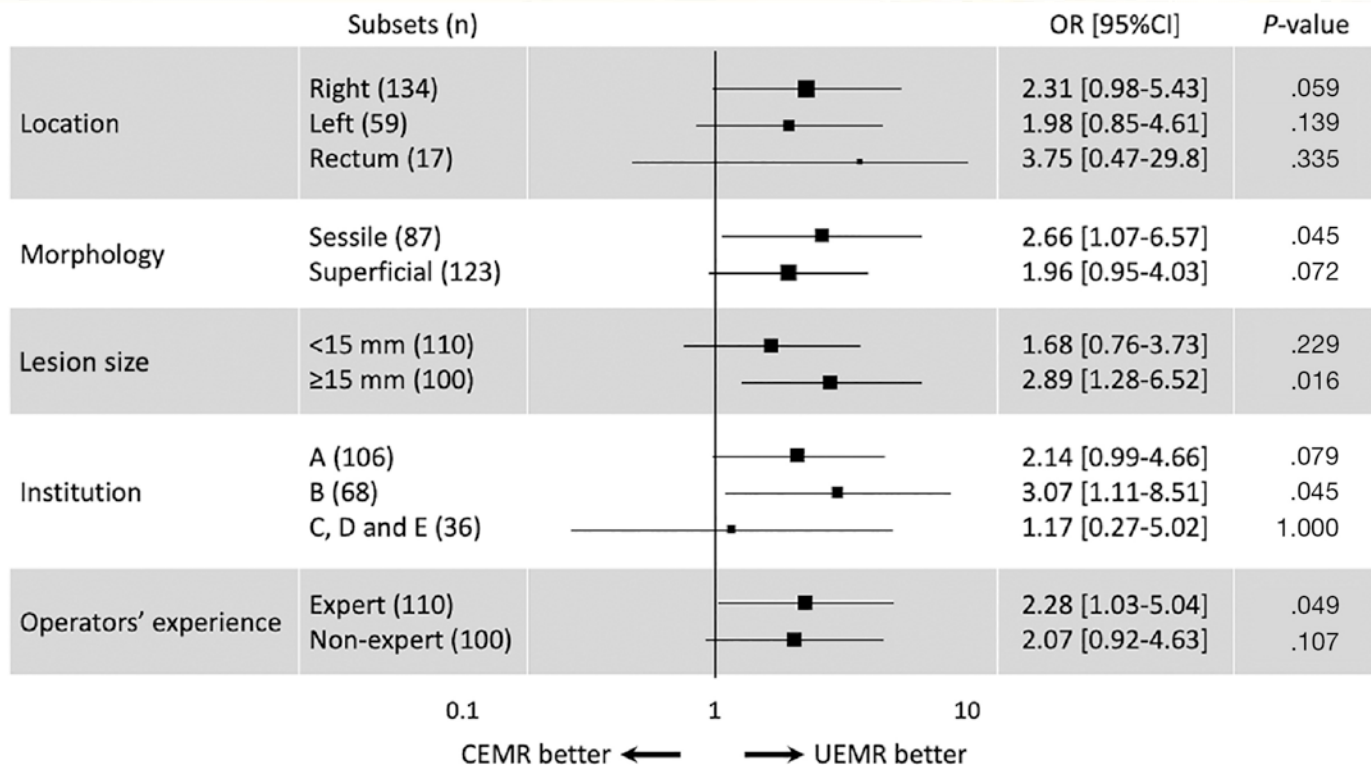


VS.

***Similar bleeding rates; no perforation rates in either group***

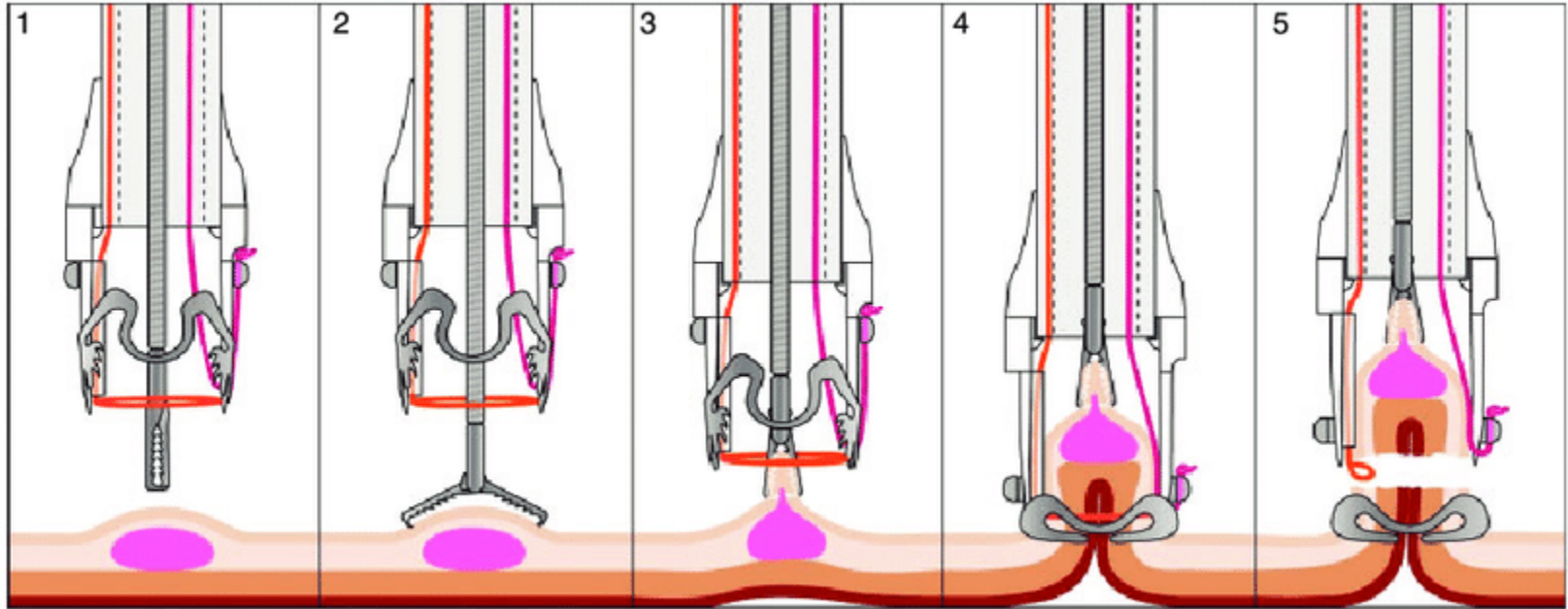
Gastroenterology

# Underwater EMR Superior in All Subgroups



***YAMASHINA T, ET AL; SHIMOKAWA T, GASTROENTEROLOGY, 2019***

# What is Full Thickness Resection?



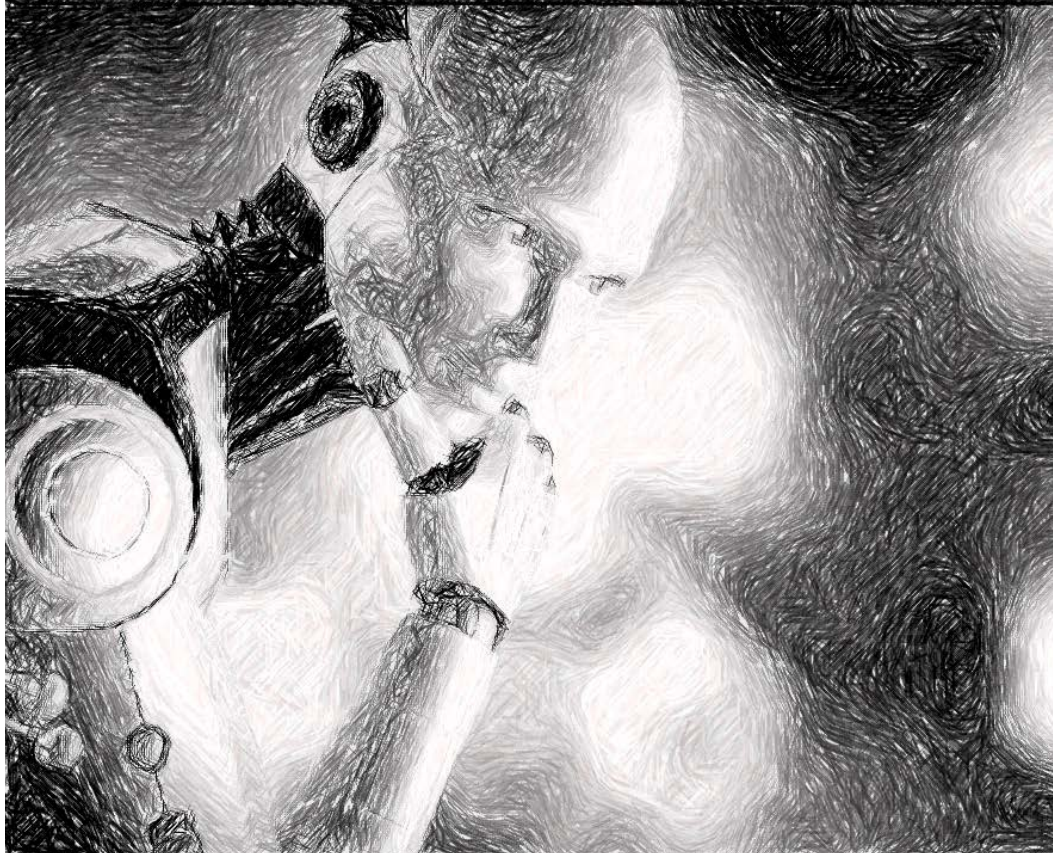
# Use of EFTR

- Most logical use is T1 colon cancers or adenomas which cannot be removed via traditional endoscopic means

# EFTR for T1 Cancers

Of 156 T1 cancers, technical success achieved in 144/156 (92.3%), mean procedural time was 42 minutes. R0 resection was achieved in 112/156 (71,8%). Severe procedure-related adverse events were recorded in 3,9%. Discrimination between high- vs. low-risk tumor was successful in 155/156 cases (99.3 %). In total 53 patients (34%) underwent oncologic resection due to high risk features whereas 98 patients (62%) were followed endoscopically.

# Artificial Intelligence



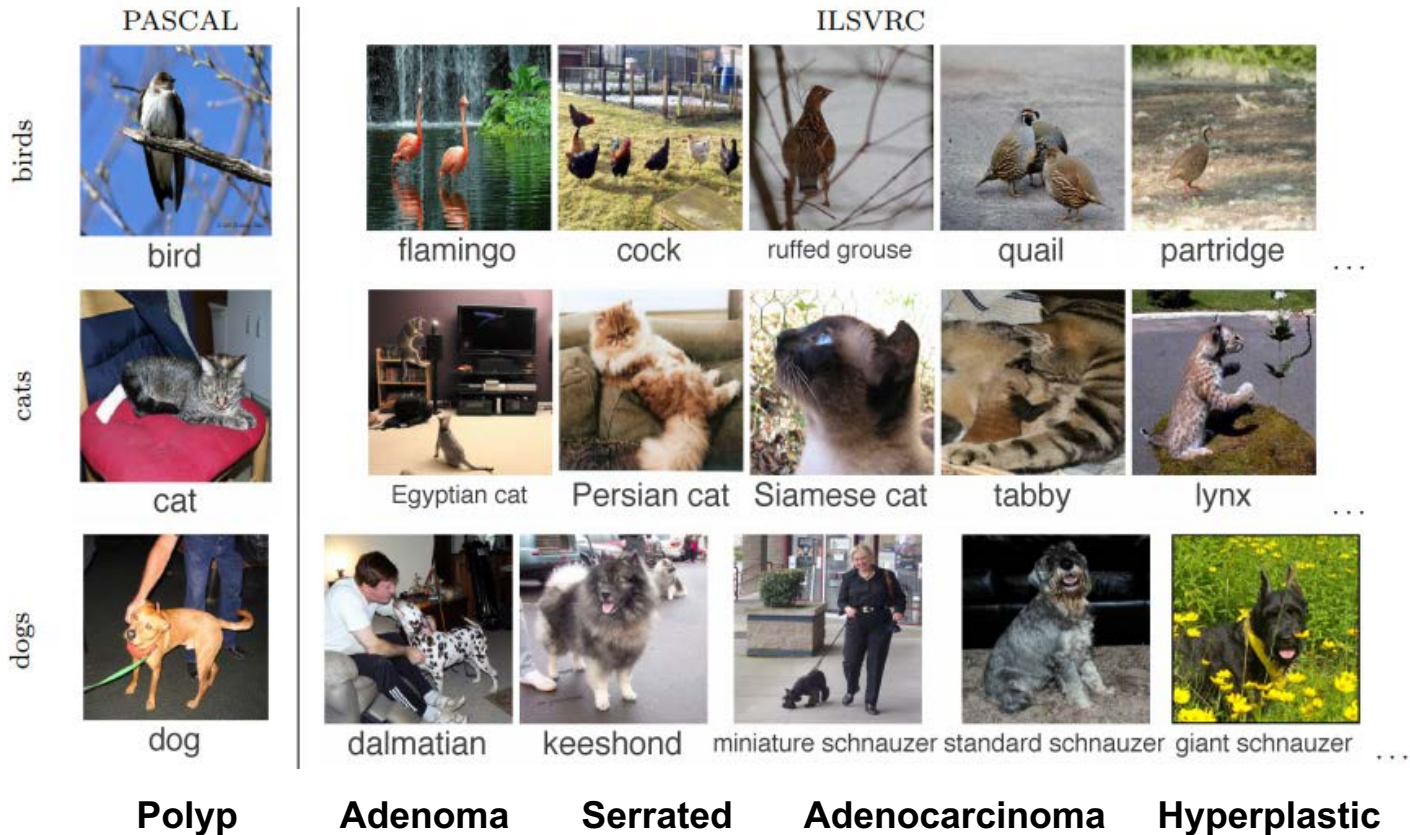


# What is Artificial Intelligence?

- AI allows unsupervised computer algorithms to do specific tasks that traditionally required a human brain

Associated/Related Terms		
Machine Learning	Deep Learning	Neural Networks
Random Forests	Convolutional Neural Networks	Transfer Learning

# Challenges of AI Image Recognition Rapidly Fading Away



# Convolutional Neural Networks

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## ImageNet Classification with Deep Convolutional Neural Networks

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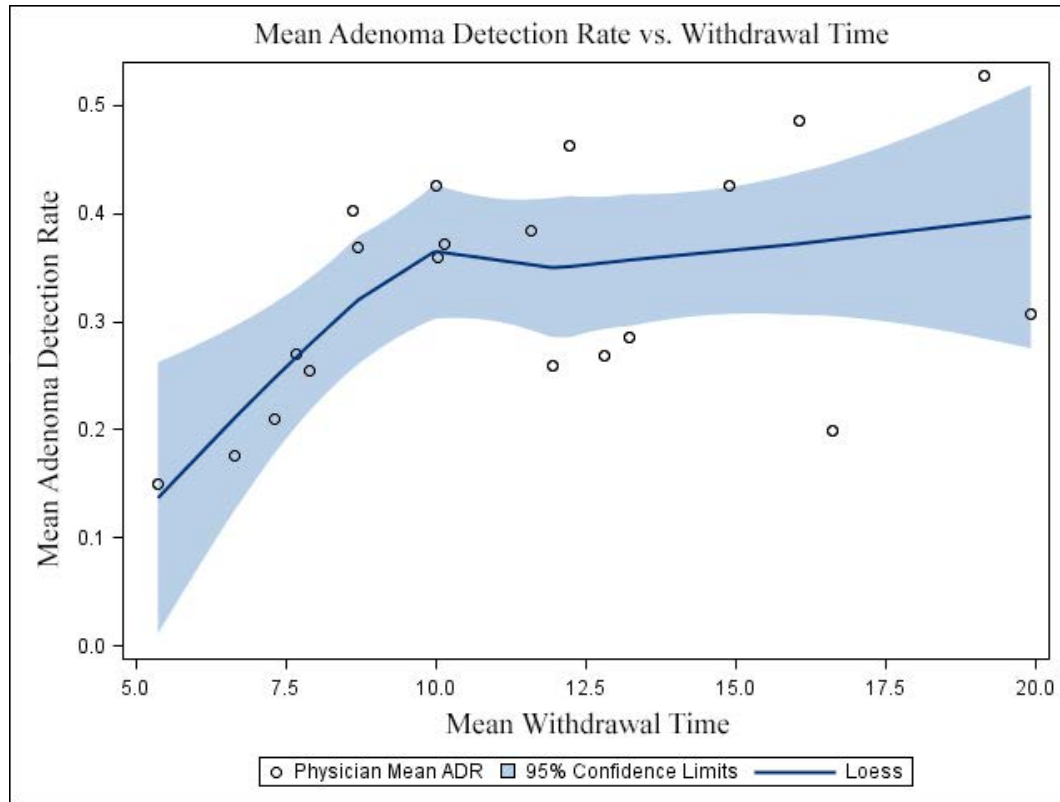


Input

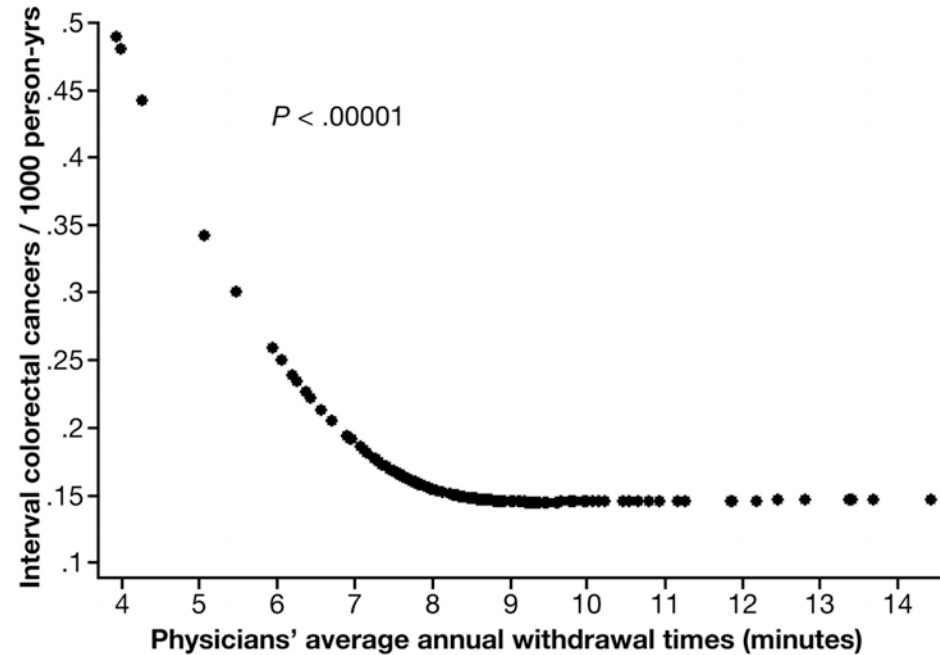
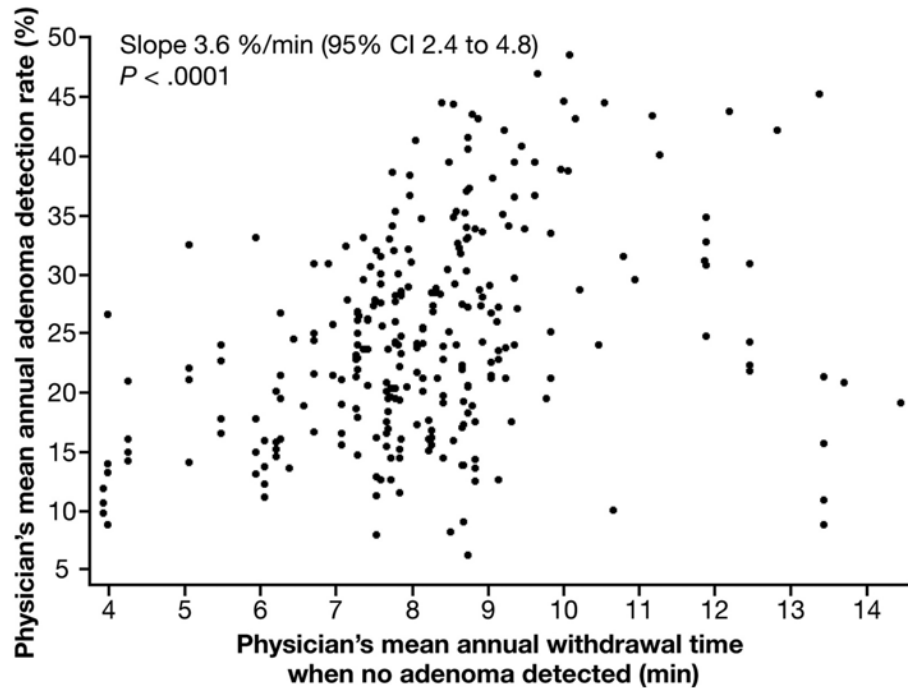
# “AI”: Making the Case for Screening Colonoscopy

- Variability has been demonstrated in all aspects of screening colonoscopy
  - Inspection
  - Detection
  - Resection
- Reduction of colonoscopy costs is a primary concern of payers

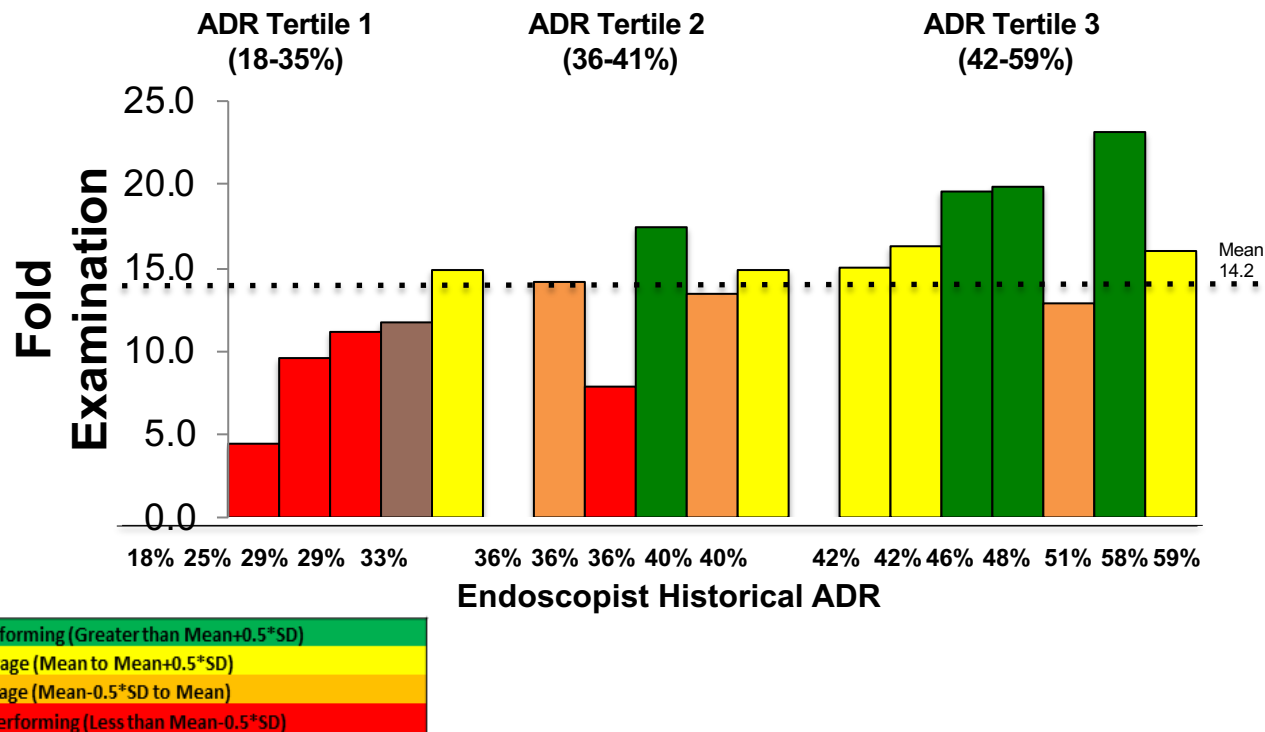
# Variability in Inspection Quality



# Association of Withdrawal Time with Adenoma Detection Rate



# Variation in Technique Among Endoscopists





# Cecal Intubation and Inspection

## AUTOMATED COMPUTER-ASSISTED DEEP COLONOSCOPY

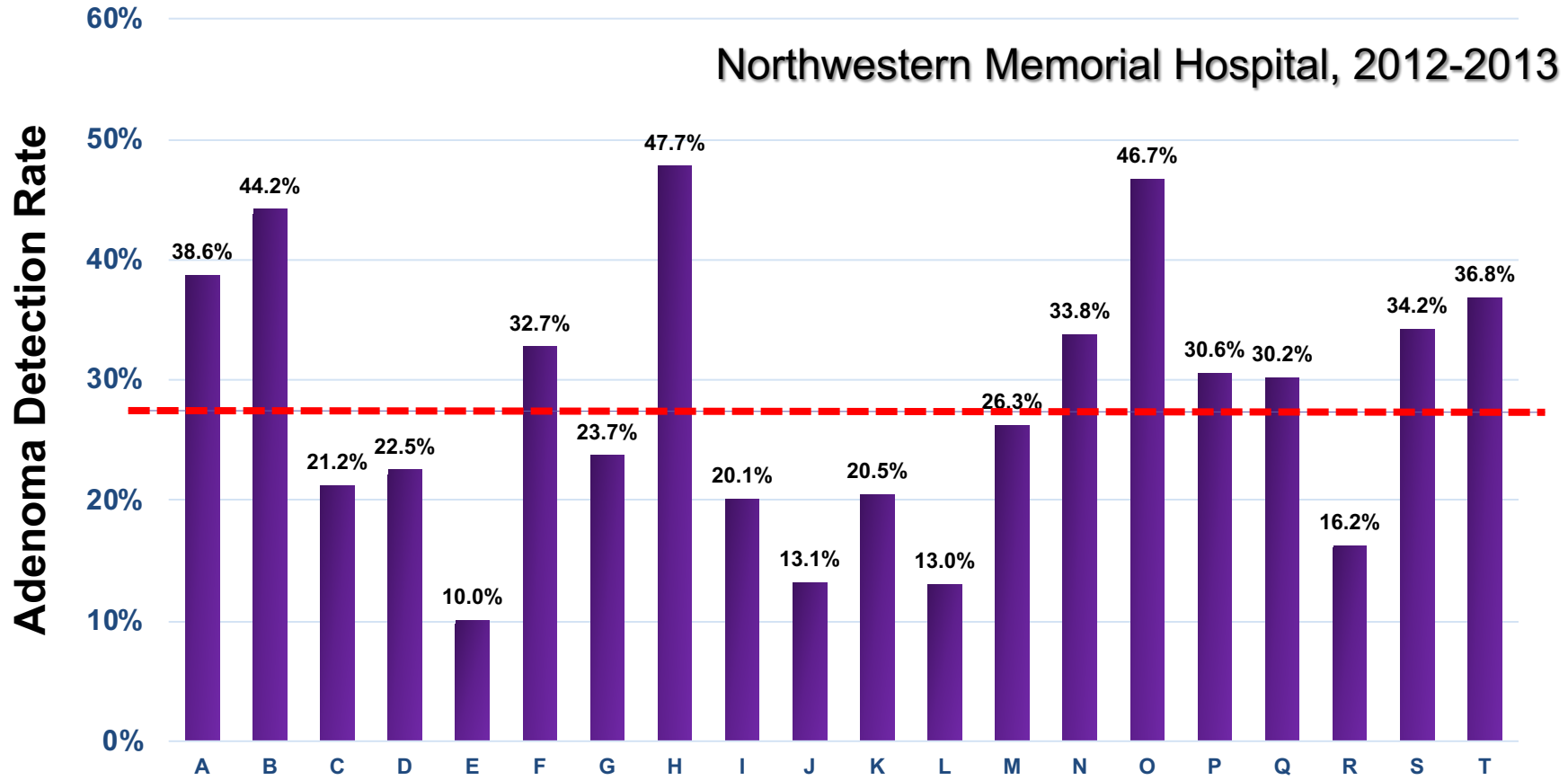
*Daniel J. Low<sup>1,2</sup>, Hojjat Salek<sup>1</sup>,  
Karam Elsolh<sup>1</sup>, Shai Genis<sup>1</sup>,  
Joseph John Barfett<sup>3</sup>, Samir Elad<sup>1</sup>*

Compared to 'gold standard' video review, CNN predictions were extremely accurate for insertion time (IT) ( $R^2=0.996$ ), withdrawal time (WT) ( $R^2=0.995$ ) and total time (TT) ( $R^2=0.999$ ). The mean difference in withdrawal time between expert video review and CNN predictions was 26 seconds. By contrast, the mean difference in withdrawal time between expert video review and manual WT entries was 5 minutes 15 seconds. In 13 of 14 cases, CNN-predicted WTs outperformed manually entered WTs relative to expert video review.

## **AUTOMATED INSERTION TIME, CECAL INTUBATION, AND WITHDRAWAL TIME DURING LIVE COLONOSCOPY USING CONVOLUTIONAL NEURAL NETWORKS - A VIDEO VALIDATION STUDY**

*Christopher Rombaoa<sup>1</sup>, Ankush Kalra<sup>1</sup>, Tyler Dao<sup>1</sup>, James Requa<sup>1</sup>, Andrew Ninh<sup>1</sup>, Jason B. Samarasena<sup>1</sup>, William E. Karnes<sup>1</sup>*

# In Support of Need to Reduce ADR Variability



# Impact of AI on Polyp Detection

Endoscopy



OPEN ACCESS

ORIGINAL ARTICLE

## Real-time automatic detection system increases colonoscopic polyp and adenoma detection rates: a prospective randomised controlled study

Pu Wang,<sup>1</sup> Tyler M Berzin,<sup>2</sup> Jeremy Romek Glissen Brown,<sup>2</sup> Shishira Bharadwaj,<sup>2</sup> Aymeric Becq,<sup>2</sup> Xun Xiao,<sup>1</sup> Peixi Liu,<sup>1</sup> Liangping Li,<sup>1</sup> Yan Song,<sup>1</sup> Di Zhang,<sup>1</sup> Yi Li,<sup>1</sup> Guangre Xu,<sup>1</sup> Mengtian Tu,<sup>1</sup> Xiaogang Liu<sup>1</sup>

Gastroenterology 2018;155:1069–1078

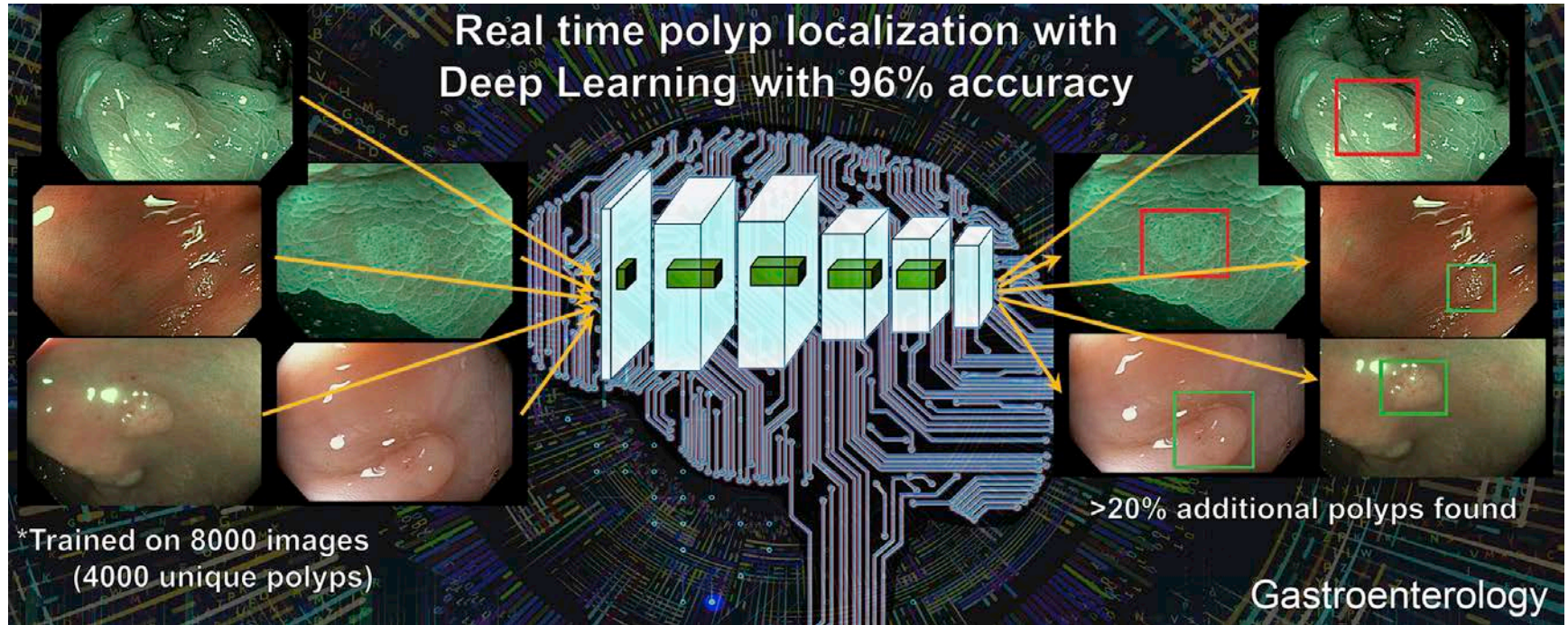
## Deep Learning Localizes and Identifies Polyps in Real Time With 96% Accuracy in Screening Colonoscopy



Gregor Urban,<sup>1,2</sup> Priyam Tripathi,<sup>4</sup> Talal Alkayali,<sup>4,5</sup> Mohit Mittal,<sup>4</sup> Farid Jalali,<sup>4,5</sup> William Karnes,<sup>4,5</sup> and Pierre Baldi<sup>1,2,3</sup>

<sup>1</sup>Department of Computer Science, University of California, Irvine, California; <sup>2</sup>Institute for Genomics and Bioinformatics, University of California, Irvine, California; <sup>3</sup>Center for Machine Learning and Intelligent Systems, University of California, Irvine, California; <sup>4</sup>Department of Medicine, University of California, Irvine, California; and <sup>5</sup>H.H. Chao Comprehensive Digestive Disease Center, University of California, Irvine, California

# Deep Learning Improves Polyp Detection Rates



# Impact of AI on Polyp Detection

Polyp Characteristics	Routine Colonoscopy	CADe colonoscopy
Polyp Detection Rate	29.1%	45.0% [p<0.01]
Adenoma Detection Rate	20.3%	29.1% [p<0.01]
Mean Number of Detected Adenomas	0.31	0.53 [p<0.01]

# Polyp Recognition

APPLICATION OF CONVOLUTIONAL NEURAL NETWORKS COULD DETECT  
ALL LATERALLY SPREADING TUMOR IN COLONOSCOPIC IMAGES

*Satoki Shichijo<sup>1</sup>, Kazuharu Aoyama<sup>2</sup>, Tsuyoshi Ozawa<sup>3</sup>, Motoi Miura<sup>2</sup>, Hiromu Fukuda<sup>1</sup>, Yoji Takeuchi<sup>1</sup>, Hirotooshi Takiyama<sup>4</sup>, Toshiaki Hirasawa<sup>5</sup>, Tatusya Onishi<sup>7,6</sup>, Keigo Matsuo<sup>8</sup>, Soichiro Ishihara<sup>7</sup>, Ryu Ishihara<sup>1</sup>, Tomohiro Tada<sup>7,2</sup>*



# Polyp Classification

## COMPUTER-AIDED DIAGNOSIS SYSTEM USING ARTIFICIAL

*Yoriaki Komeda<sup>1</sup>, Hisashi Hara<sup>1</sup>,  
Watanabe<sup>1</sup>, Hiroshi Kashida<sup>1</sup>*

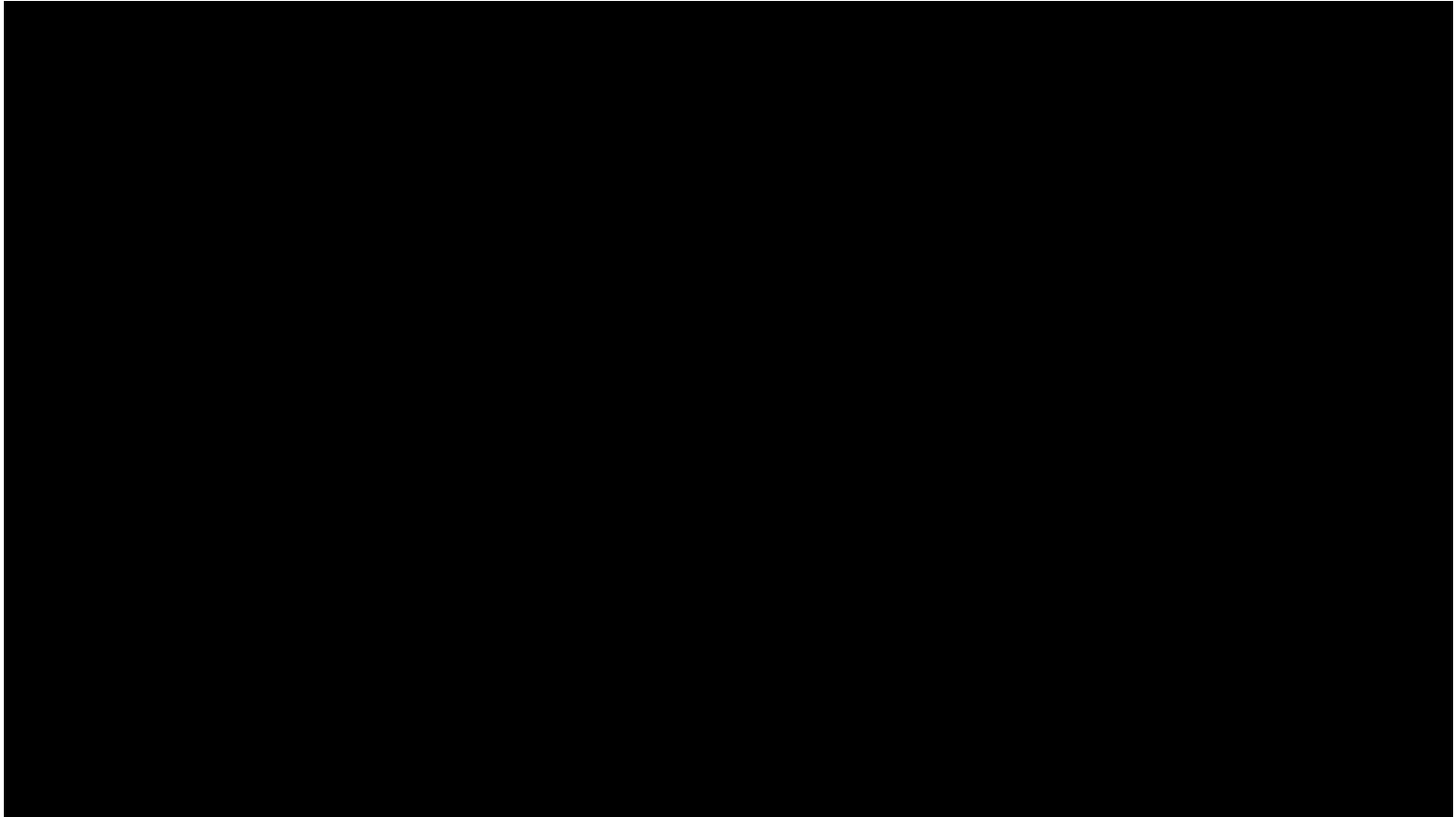
All of the 11 polyps were identified by the CAD system. While, only 3 snap shots were taken in the 3 videos without polyps (27%)... 2 pictures of anus and 1 of ileocecal valve. Eight out of 11 polyps (73%) were properly classified by the CAD system; Eight adenomas were properly recognized as adenoma, however, 2 hyperplastic polyps and 1 juvenile polyp were miss-classified as adenoma.

## REAL-TIME COMPUTER-ASSISTED DIAGNOSIS SYSTEM OF COLORECTAL POLYPS IN STANDARD COLONOSCOPY VIDEOS

*Tsuyoshi Ozawa<sup>1</sup>, Soichiro Ishihara<sup>2</sup>, Mitsuhiro Fujishiro<sup>5</sup>, Motoi Miura<sup>3</sup>, Kazuharu Aoyama<sup>3</sup>, Tomohiro Tada<sup>4,3,2</sup>*



# In Action



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