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EFSUMB Newsletter 2016 – Issue 1

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Joint Winner of Young Investigator Award Euroson 2015

• [Gibran Yusuf](#)

Abstract ▼ Multi-Parametric Ultrasonography of Testicular Haematomas: Features on Grey Scale, Colour Doppler, Contrast Enhanced Sonography and Strain Elastography

Gibran T Yusuf, Eleni Konstantatou, Maria E Sellars, Dean Y Huang, Paul S Sidhu King's College Hospital, London, UK



Gibran Yusuf

Purpose ▼ Testicular trauma results in a variety of testicular complications including an intratesticular haematoma. A focal intratesticular lesion following trauma may be diagnostically difficult with a primary germ cell tumour a possibility. We investigate the appearances of a series of intratesticular haematomas in comparison to tumours on multi-parametric ultrasonography (MPUS).

Methods ▼ Hematomas/tumours were identified from a database and retrospectively reviewed by experienced observers. All patients underwent testicular ultrasonography (US), by experienced observers, using high frequency transducers, employing standard techniques of MPUS combining grey-scale, colour Doppler, contrast enhanced ultrasound (CEUS) and strain elastography (SE). Features recorded were; size, location, echogenicity, colour Doppler signal, contrast-enhancement, elasticity score and strain ratio. Follow-up was recorded.

Results ▼ 17 haematomas (right testis n=11, left testis n=6, maximum diameter range 5–28mm) in 8 patients (mean age 31 years, range 25-43 years) were analysed. Blunt trauma (n=7) and surgery (n=1) were preceding events. Greyscale sonography demonstrated well-defined, oval or round, predominantly hypoechoic and heterogeneous, peripherally (n=13) or centrally located (n=4). Three demonstrated CEUS enhancement of septations not seen on colour Doppler and 4 peripheral rim enhancement. Sixteen lesions had SE performed; mean strain ratio was 1.49 (range 0.41–2.77), elasticity score ≤ 3 (n=12) and 5 (n=4). All lesions were confirmed benign on follow-up sonography. Retrospective analysis with similar size histologically proven tumours was performed (seminoma, Leydig cell tumours and non seminomatous germ cell tumours n=8, n=5, n=4 respectively). Demographics were similar in both groups (mean age 37 years, range 25-64). Grayscale imaging demonstrated predominantly subcapsular peripheral lesions which were predominantly hypoechoic or heterogeneous (n=16). The background testis was abnormal in (n=6) with microlithiasis the most common findings. On CEUS all lesions definitively showed enhancement and were found to be subjectively hard on SE (mean strain ratio 6.04, range 0.61-15).

Conclusion ▼ The presence of intralesional vascularity can be definitively determined by CEUS and with SE demonstrating a “hard” lesion is a hallmark of tumours. Testicular haematomas are variable on SE with absence intralesional vascularity and resolution on follow up imaging confirmatory. MPUS aids the interpretation of the benign nature of intra-testicular haematoma allowing conservative management.

Clinical Relevance ▼ Testicular haematomas may mimic malignancy, particularly if a history of trauma is not forthcoming. The advent of CEUS and SE can increase the certainty of the diagnosis and avoid unnecessary surgery.

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CV ▼

Gibran Yusuf is an interventional radiology fellow at King's College Hospital with a special interest in ultrasound. He qualified from Guy's, King's and St Thomas' medical school in 2008 having also performed attachments in Barbados and St Lucia and an intercalated Bachelor of Science in psychology. He continued to complete his foundation training in the William Harvey Hospital, Kent and Canterbury Hospital and the Princess Royal Hospital. He then commenced radiology training at King's College Hospital in 2010 and immediately gained an interest in ultrasound and interventional radiology, in particular contrast enhanced ultrasound.

Whilst completing his FRCR examinations he has published in peer reviewed journals on several aspects of ultrasound particularly in relation to contrast-enhanced

ultrasound. He has learnt under the tutelage of eminent professors in the field and now performs contrast enhanced ultrasound in his routine practice as well as within his interventional practice. He also reviews for peer review journals.

He has spoken at a number of national and international meetings as well as having published multiple conference abstracts. In addition he won the young investigator award for the British Medical Ultrasound Society in 2014 and continued his success

by winning the European young investigator award at EUROSON 2015. He was also nominated for the trainee research prize at RSNA for his work on the safety and cost analysis of paediatric contrast enhanced ultrasound. His current research interests include the application of non-hepatic uses of contrast enhanced ultrasound, elastography and radiation dose reduction in children as well as non-invasive ultrasound in the assessment of liver disease.

• Rune Wilkens

Abstract ▼ Intestinal perfusion measurements with CEUS and dynamic contrast enhanced MR enterography: A comparison study.

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Rune Wilkens

Purpose ▼ Objective measures of disease activity in Crohn's Disease (CD) are necessary.

Change in perfusion is a potential biomarker for treatment response, however studies confirming robustness/applicability of perfusion techniques are lacking in CD.

Study aims: 1. Repeatability assessment for dynamic CEUS parameters measured within the thickened bowel wall of patients with active CD. 2. Comparison of these initial time intensity curve parameters with dynamic contrast enhanced MR enterography (DCE-MRE).

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Study aims: 1. Repeatability assessment for dynamic CEUS parameters measured within the thickened bowel wall of patients with active CD. 2. Comparison of these initial time intensity

curve parameters with dynamic contrast enhanced MR enterography (DCE-MRE).

Results ▼ CEUS was successfully performed in 24 patients; In 14 patients quality of fit >90% allowed comparison between scan planes. 95% LoA were -3.9 to 2.9 dB for peak enhancement, -2.2 to 0.9 s for rise time and -3.6 to 3.4 dB/s for wash-in rate. Comparing CEUS and DCE-MRE, statistically significant correlation was found for rise time ($p < 0.05$) and wash-in rate ($p < 0.01$), but not peak enhancement ($p = 0.175$).

Conclusion ▼ CEUS has acceptable repeatability in active CD. The correlation CEUS and DCE-MRE suggests that CEUS could be a bedside alternative to MR in CD.

CV ▼

Rune Wilkens is currently a PhD student at Aarhus University, Health; Aarhus University hospital, GI department, Silkeborg regional hospital (RH), Diagnostic Centre. At the Centre of Clinical Ultrasound, Aarhus University, Health he is involved in pre- & postgraduate teaching in abdominal ultrasound, vascular access and lung ultrasound. At Aarhus University, Health he is involved in pre-graduate teaching in gastroenterology in faculty of medicine, case studies.

Prizes include winning the Young Investigator Award, Clinical Ultrasound WFUMB 2015 in addition to the EUROSON 2015

Young Investigator Award. Rune has 7 publications in peer reviewed journals and is a reviewer for BMJ Case Reports.

Attending courses and congresses is an important part of his training and he has recorded 2500 abdominal ultrasound scans, 200 contrast enhanced ultrasounds and in endoscopy 70 colonoscopies, 40 gastroscopies, 30 sigmoidoscopies.

Rune's research and observerships have taken him to London, Canada and Germany for specific training in MR enterography, contrast enhanced ultrasound and intestinal ultrasound.

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Dear EFSUMB member,

First, I want to thank you for being an EFSUMB member, thus supporting our important mission to build a European Ultrasound Community. The last year has been very active on the ultrasound arena and there are many topics to be mentioned in the report. It is my pleasure to communicate the good news about EFSUMB activities and on plans and visions.

EFSUMB's membership ▼ EFSUMB's membership is stable with more than 20 000 members. The federation of 28 (Sweden is back) smaller and larger societies serves the interests of all our members being the voice of EFSUMB in Europe.

Benefits and costs ▼ EFSUMB has reduced its costs by increasing efficiency to maximize the benefit for our members. Please, consider the benefits reported here in relation to the relatively small amount of 7 € EFSUMB membership fee, in short: high value for very little cost. We will have to again and again encourage all our member societies to supply the e-mail addresses of our individual members. This is a prerequisite to further drop the costs. If you have ideas on how to improve corporate identity, please, let us know your thoughts.

Our EUROSON Congress ▼ The EUROSON congress 2015 took place in Athens, Greece. Despite serious problems in the Hellenic economy, this important multidisciplinary congress was a great success. This was made possible through the hard and dedicated work of congress president Prof Nikolas Papantoniou, his excellent committees and vice-president Prof Zoumpoulis. It was indeed a great event both regarding scientific content, educational activities, industrial contributions and social program. Congratulations Greece!!!

EFSUMB's next congress will take place in Leipzig, Germany 26-29 October 2016. I hope to see you there.

EFSUMB Student Committee ▼ At the successful EUROSON congress in Athens, we discussed to include students more closely under the EFSUMB umbrella. A draft for new bylaws that will be presented at the next BoD meeting in Leipzig is made. Furthermore, we would like to establish an interim board of active students (5-10 persons) during the coming year that can start the important work. Please, do not hesitate to nominate a suitable and dedicated student from your country.

EFSUMB Webinar ▼ We have started a new initiative to run webinars, which is a flexible way to run seminars on various ultrasound topics. The first EFSUMB webinar was chaired by V. Cantisani from Rome and had lecturers presenting from Bad Mergentheim (C.F. Dietrich), Bologna (F. Piscaglia) and Bergen (O.H. Gilja). The theme was CEUS of the liver and the webinar was attended by at least 80 persons from all over Europe. The lectures from this webinar are available at <http://ow.ly/WBjo3>.

Euroson Schools and Endorsed courses ▼ EFSUMB has now conducted over 100 Euroson Schools across Europe, thus contributing greatly to the advancement of ultrasound knowledge and skills. Last year The EFSUMB Education Committee (EPSC) approved 11 Euroson Schools and 22 endorsed courses taking place in 10 different countries, reflecting an impressive educational activity.

Ultraschall in der Medizin / European Journal of Ultrasound ▼ The successful EFSUMB guidelines published in our official journal "Ultraschall in der Medizin / European Journal of Ultrasound" have gained more and more attention worldwide. The recommendations on the use of ultrasound elastography and contrast-enhanced ultrasound have been frequently cited. The impact factor (IF) of our journal has gained an impressive 4.9 which is the highest IF of an interdisciplinary ultrasound journal worldwide. I congratulate the Editors Bachmann Nielsen, Mertz, Mostbeck, Piscaglia, Seitz, Tercanli and Sidhu for their impressive results with our journal.

New open access journal: Ultrasound International Open ▼ Prof. Adrian Saftoiu, new member of EFSUMB ExB, is main editor of the new Thieme open access journal. UIO receives many articles rejected by the EJU (rejection rate of over 80%) and invites their publication with a voucher for free publication. Caroline Ewertsen (DK) and Vito Cantisani (IT) are among the editors. The first issue was last autumn.

EFSUMB guidelines and clinical recommendations ▼ The 6 EFSUMB guidelines on ultrasoundguided interventions have now been published. Ultrasound-guided procedures have made a great impact on everyday clinical practice in recent decades. The guidelines consist of 6 parts:

1. Part I: General aspects of interventional ultrasound.
2. Part II: Diagnostic procedures.
3. Part III: Treatment procedures using the transcatheter approach.
4. Part IV: Diagnostic procedures using endoscopic ultrasound.
5. Part V: Treatment procedures using endoscopic ultrasound.
6. Part VI: Vascular access.

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ESR has decided to make their online platforms, [ESR Connect](#) and [Education on Demand](#) free for all for the next four weeks.

From our partner UEG



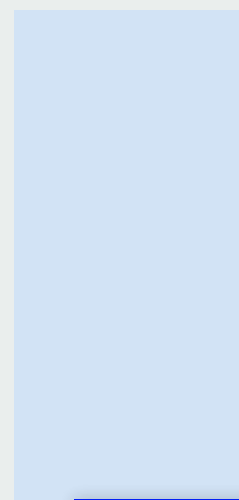
UEG partner offering information on COVID-19 & Digestive Health.

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Events Calendar

December 2020						
M.	T.	W.	T.	F.	S.	S.
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

EFSUMB is grateful to these companies for their support of educational activities





Odd Helge Gilja

I am very grateful to all participants of the steering committee and working group for their substantial contributions. In particular, C.F. Dietrich deserves great honour for his leadership and tremendous energy in fulfilling this highly significant task.

An EFSUMB Task Force Group (TFG) with 20 experts from all over Europe has been set up to make new clinical recommendations and guidelines on intestinal ultrasound (IUS). The TFG is chaired by G. Maconi (Milan) and O.H. Gilja (Bergen). The first 2 guidelines will focus on IUS methodology / examination techniques and ultrasound in IBD. Four other IUS guidelines are work-in-progress: Inflammatory conditions, transrectal/perineal US, miscellaneous, and functional US. Next TFG meeting will be in conjunction with the Euroson School on IUS 21-23 April at Lake Garda.

Furthermore, EFSUMB has decided to update the guidelines on elastography. This will be done in 2 parts. The 1. update on liver elastography will be chaired by C.F. Dietrich and the 2. update on non-liver elastography will be chaired by A. Saftoiu. Respective steering committees and working groups are now being established.

Moreover, update on non-liver CEUS guidelines is also work-in-progress under the leadership of P. Sidhu. The steering committee has been appointed and the 1. meeting with the working group will most likely take place in London early July.

EFSUMB website ▼ The EFSUMB website including the educational portal is continuously being updated to serve our members optimally. Please, visit our website (www.efsumb.org) regularly to stay informed about latest ultrasound news and to enjoy the vast content of educational material.

The EFSUMB Case of the Month is still the most visited webpage at our site. Due to the great efforts of the previous Editor P. Sidhu, cases have been translated in 14 languages. New case-of-the-month editor is Maija Radzina from Latvia.

EFSUMB Course Book (ECB) ▼ The chapters of our EFSUMB Course Book were reviewed 2014/2015 and are updated on the EFSUMB website. The printed version with colored images is still available and can be ordered at a very low price via efsumb@efsumb.org. All chapters are also free to download from our EFSUMB website.

The ECB Student Edition (ECBSE) will soon be finalized. Both projects need support from our members since they have to be updated regularly. Please, consider to review chapters and make proposals on how to improve this challenging "work in progress".

EFSUMB Fellow ▼ The EFSUMB BoD has created a new category of Fellow of EFSUMB to honour members who have made substantial contributions over a long period to promote the advancement or wider application of ultrasound. It was my great pleasure during the Euroson Congress in Athens to award Jan Tuma from Switzerland with this prestigious prize.

Ultrasound Learning Centres (ULC) ▼ EFSUMB Ultrasound Learning Centres (ULC) are established in 7 renowned ultrasound centres around Europe: Timisoara, Neuruppin, Cluj Napoca, Bergen, Madrid, Pavia and Zurich. At these excellent teaching sites, participants can spend a period of time to learn and to improve their knowledge in various applications of ultrasound. The teaching language is English if participants are from outside the host country. You may apply directly to the ULC Director if you like to stay for a period.

Scientific Corner ▼

We will continue to develop and promote research through our Scientific Corner. The interdisciplinary EFSUMB Pediatric Registry plays an important role to implement contrast-enhanced ultrasound for the benefit of our young patients. This database is now approaching 1000 cases and publications based on this very good initiative are in progress.

Team spirit and friendship ▼ I want to acknowledge the good team spirit we have in the EFSUMB family. A multitude of friendship is built through the important work in committees and during various conferences and courses. Particularly, I want to express my deepest gratitude to our very efficient General Secretary, Lynne Rudd, for her strong dedication to EFSUMB.

Bergen, primo January 2016 Odd Helge Gilja EFSUMB President 2015-2017

Donations received from industry are only accepted if unrestricted and for educational purposes

EFSUMB Guidelines on Interventional Ultrasound (INVUS)

EFSUMB Guidelines and Recommendations	
•	EFSUMB Guidelines on Interventional Ultrasound (INVUS)
	Thieme E-Journal 2015
	- Introduction
	- Foreword
	- Part I: General Aspects - Short Version

- Part I: General Aspects - Long Version

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- Part II: Diagnostic Ultrasound-Guided Interventional Procedures - Short Version

- Part II: Diagnostic Ultrasound-Guided Interventional Procedures - Long Version

- Part IV: EUS-guided Interventions: General aspects and EUS-guided sampling - Long Version

- Part VI: Ultrasound-Guided Vascular Interventions - Long Version

