

# **SGIS GASTROINTESTINAL CANCER PREVENTION PROGRAMS**

## **THE BOS PROGRAM:**

### **BARRETT'S OESOPHAGUS SURVEILLANCE PROGRAM**

#### **What is BOS?**

BOS is short for the Barrett's Oesophagus Surveillance Program.

This is a surveillance program for patients with Barrett's Oesophagus. It is derived from the evidence based recommendations of the British Society of Gastroenterology.

The BOS program is a joint initiative of the Departments of Gastroenterology and Surgery at Flinders Medical Centre and the Repatriation General Hospital in association with the private specialist group SA and Southern Gastrointestinal Services (SGIS).

You have been entered in the BOS program as your specialist works as within the SGIS group practice.

Specialists within this group are based in 4 main locations – Flinders Private, Wakefield Hospital, Tennyson Centre and Western Community Hospital, but do visit other metropolitan and country locations

#### **What is Barrett's Oesophagus?**

Barrett's oesophagus is when the lining of the lower part of the oesophagus (food pipe) changes to be similar to the lining of the stomach.

When this occurs there is a small possibility (1 in 200 a year) of the lining changing further and developing into cancer of the oesophagus.

#### **What is a surveillance program?**

A surveillance program is a program designed to reduce the participant's risk of developing cancer. In the BOS program we aim to detect when if the patient's Barrett's oesophagus has started to change into oesophageal cancer. If we detect this, or detect the cancer at an early stage then we can offer treatment with the aim to prevent or cure the cancer.

#### **What is the right surveillance program for me?**

Your specialist will review your Barrett's oesophagus and what the samples (biopsies) of the Barrett's look like under the microscope (its histology) Based on this your specialist will make a recommendation for repeat endoscopy.

The BOS program will inform you of this recommendation and call you back when you are due for your repeat procedure.

#### **How do I get into the BOS Program?**

You will be enrolled in the BOS if your specialist finds a segment of Barrett's oesophagus when he or she performs an endoscopy on you.

#### **After your test**

A decision will be made about if or when you need to have further tests, and what those tests would be. This assessment takes about two to four weeks. We will let you know by mail which surveillance program has been recommended for you, and when you need to return for your next test.

Your details will be entered into the BOS database, and we will send you a reminder letter when your next test is due. You have the option to not have your details entered into the database if you wish.

If you have any questions or queries, please feel free to ring the SGIS BOS Co-ordinator, who is based at the Tennyson Centre, on 8292 2370.

#### **GP and Specialist information**

Your General Practitioner and specialist will receive copies of the letters sent to you. This will ensure they know about the surveillance program which has been recommended.

### **Research and Audit Activity**

BOS maintains a data base of all patients enrolled in the program. This data base is password protected and is only accessible by the BOS co-ordinators of each site (FMC, RGH and SGIS) and your own specialist.

BOS does use this data to audit our practice to ensure we are delivering quality care to our patients. These audits maybe presented at scientific meetings and medical journals, all data presented is de-identified.

BOS does also at times participate in research studies. As you are enrolled in the data base you may be approached to participate in these studies. If you receive an offer to participate, please be assured that the study is being run by one of the medical staff within the BOS program, that it has been approved by the ethics committee of Flinders Medical Centre and that if you chose not to participate it will not affect, in anyway, your ongoing care from the BOS program and your specialist at SGIS.

### **BOS (SGIS) contact details**

Please contact the SCOOP program if you have any queries or questions:

Mr Keith Willis, Site Manager  
Ms Karina Jones, SCOOP Coordinator  
Tennyson Gastroenterology (SGIS)

Phone: (08) 8292 2370  
Fax: (08) 8292 2377

Your specialist can be contacted on the following numbers:

*SGIS – Flinders Private* (08) 8276 9888  
Dr Elizabeth Chow            Dr Alex Rodgers  
Dr Andrew Chew             Dr Alan Wigg  
Dr Sam Edwards

*Tennyson Gastroenterology* (08) 8292 2370  
A/Prof Peter Bampton

*SGIS – Wakefield Clinic* (08) 8359 2411  
Dr Dylan Bartholomeusz    Dr Justin Bessell  
A/Prof Chris Rayner

*Western Gastroenterology* (08) 8235 1800  
Dr Laurie Chitti             Dr Mahinda De Silva  
Dr Martin Tan

If you have questions on the research and audit activity of the BOS program then please contact:

A/Prof Peter Bampton        (08) 8204 4964  
Dept of Gastroenterology and Hepatology  
Flinders Medical Centre  
Bedford Park SA 5042

Ann Schloithe                (08) 8204 5511  
Dept of General and Digestive Surgery  
Flinders Medical Centre  
Bedford Park SA 5042

### **Further information**

If you would like more information about bowel cancer, try these websites:

- [www.healthinsite.gov.au](http://www.healthinsite.gov.au)
- [www.cancersa.org.au](http://www.cancersa.org.au)

### **Publications from BOS**

1. Ramnath G, Bampton PA. Surveillance for Barrett's oesophagus – if you are going to do it, do it properly" *Med J Aust* 2004; 180 (3): 139-140.
2. Bampton PA, Schloithe A, Bull J, Fraser RJ, Watson DI, Padbury RTA. Improving Surveillance for Barrett's oesophagus. *BMJ* 2006; 332:1320-1323.
3. Bright T, Schloithe A, Fraser R, Bampton PA, Watson DI. Outcome of Surveillance for Barretts Oesophagus. *ANZ J of Surg In press 2009.*