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Editorial: ultrasound-based HCC Surveillance in the 21st century – authors' reply

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The letter from Dr. Patel¹ raises some interesting points that are worthy of further discussion.

Surveillance ultrasound has the potential for high sensitivity and specificity as demonstrated in prospective cohort studies², although recent data have demonstrated a substantial gap between its efficacy and its effectiveness when implemented in clinical practice, including low sensitivity for early tumor detection³ and suboptimal specificity leading to screening-related harms⁴. Our study adds to this literature suggesting subgroups of patients, including obese individuals, patients with nonalcoholic steatohepatitis (NASH), and those with Child Pugh B or C cirrhosis, may be particularly prone to suboptimal ultrasound quality and the potential for surveillance failure in detecting early stage hepatocellular carcinom⁵.

Dr. Patel highlights that ultrasounds in our study were interpreted retrospectively based on stored hard copy images, resulting in an overestimation of the proportion of inadequate exams. Although we agree real-time performance of the exam by the interpreting radiologist may improve exam quality, this is unfortunately not standard practice in many parts of the world, including the United States. Instead, technologists typically perform ultrasounds using a set protocol, recording representative still images to document exam completeness, which are subsequently interpreted by radiologists at a later time. It is possible operator experience, specific technologist training, and real-time exam interpretation could overcome some of ultrasound's operator dependency and improve its performance for early HCC detection; however, these interventions are unlikely to overcome all of ultrasound's potential limitations, and some exams will still likely be compromised by poor visualization in obese patients and those with nodular, heterogeneous hepatic parenchyma⁵.

Although alternative surveillance strategies may be needed long-term as HCC epidemiology shifts from hepatitis C to NASH-related cirrhosis, we agree with Dr. Patel that using multi-phasic CT and MRI in all patients with cirrhosis is likely not feasible given issues of cost, potential harms, and radiologic capacity. Further, the performance of CT and MRI for surveillance in patients prone to ultrasound failure, such as those with obesity, is unknown. Discovery of highly sensitive and specific serum biomarkers is an important effort in improving HCC surveillance performance, as some biomarker panels have shown potentially high sensitivity for early HCC detection.⁶ However, we are still likely years away from sufficient validation for their routine use in clinical practice. In the interim, ultrasound, with or without alpha

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fetoprotein (AFP), continues to be our primary HCC surveillance modality and efforts to maximize ultrasound effectiveness are critical.

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