

English Abstract Session

■ 2025年11月14日(金) 9:20 ~ 10:20 ■ 第10会場

[E2] English Abstract Session 2 Colorectal Surgery 1

Moderator:Atsushi Hamabe(Department of Gastroenterological Surgery Graduate School of Medicine, The University of Osaka), Mina Ming-yin Shen(Department of Surgery, China Medical University Hsinchu Hospital, Taiwan)

[E2-2] Short-term Outcomes of NOSES vs Conventional Laparoscopic Surgery in CRC

Xu Guan (Department of Colorectal Surgery, National Cancer Center/National Clinical Research Center for Cancer/Cancer Hospital, Chinese Academy of Medical Sciences and Peking Union Medical College)

Abstract: This multicenter RCT compared NOSES (n=234) with conventional laparoscopic surgery (CLS, n=235) in patients with stage cT1-3N0-2M0 sigmoid/upper rectal cancer. NOSES demonstrated superior recovery outcomes: significantly shorter time to first flatus (48 vs 50h, P<0.001), lower pain scores at 24/48/72h (all P<0.001), and reduced opioid analgesic requirement (17.5% vs 37.4%, P<0.001). While overall complication rates trended lower (12.0% vs 18.3%, P=0.056), major complications (Clavien-Dindo & Gellie) were comparable (4.3% vs 5.1%, P=0.682). No differences were observed in oncologic safety measures including lymph node harvest (median 22 vs 21, P=0.312) or resection margins. Quality of life assessments using EQ-5D-5L showed consistent superiority for NOSES at 1/3/6 months postoperatively (all P<0.05), particularly in pain/discomfort and anxiety/depression domains. These robust findings confirm NOSES as a safe, minimally invasive alternative offering meaningful clinical benefits for appropriately selected colorectal cancer patients.