

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**

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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 &ge III) 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.