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Role of Artificial Intelligence in Gastroentrology: Advancements and Future Presprectives

[1]Avik Mishra, [2]Nibedita Garain
B.Pharm, Birbhum Pharmacy School, West Bengal
Assistant Professor, Birbhum Pharmacy School, West Bengal

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ABSTRACT: In today's rapidly evolving healthcare landscape, technology is transforming the way we diagnose, treat, and manage diseases and at the forefront of this transformation is Artificial Intelligence (AI). Gastroenterology, a field that deals with disorders of the digestive system, is now experiencing a wave of innovation driven by AI technologies that promise to enhance patient care, improve diagnostic accuracy, and reduce the burden on healthcare professionals. This review explores the exciting journey of AI in gastroenterology,tracingitscurrentadvancementsand anticipatingitspotentialforthefuture.Theintegrationo f AI into gastroenterological practice is no longer just a theoretical concept; it is already influencing how endoscopiesareperformed,howdiseaseslikecolorecta lcancerandinflammatoryboweldiseasearedetected,a nd how patient data is interpreted. From machine learning algorithms that help detect polyps in real-time during colonoscopy, to deep learning models that analyse histopathological images, AI is making procedures more precise and efficient. Beyond diagnosis, AI is also being applied in predictive analytics—helping clinicians anticipate disease progression or treatment response based on large datasets, including patient records, imaging, and even genetic profiles. However, as with any new technology, there are challenges to overcome. Questions around data privacy, the ethical use of AI, clinical validation, and the need for standardization are all critical considerationsas we moveforward.Thegoalofthisreviewistoprovideaclea randcomprehensiveoverviewof where AIstandstodayinthe fieldofgastroenterology,thebreakthroughsit has made,and thedirectionin which itisheading.Forstudents,researchers,clinicians,andhe althcarepolicymakersalike,understandingthelandsca pe of AI inthis field isessential to harness its full potential while also addressingitslimitations responsibly. As we look to the future, it becomes evident that AI has the capacity to not only enhance medical practice but also to redefine the very nature of patient care in gastroenterology. This review aims to bridge the gap between technological innovation and clinical application, offering insight into how AI can be a trusted partner to the gastroenterologist augmenting human expertise rather than replacing it. With continuous improvements in computing power, algorithm development, and data accessibility, the future of AI in gastroenterology looks promising.

KEYWORDS:
AI,Gastroenterology,colonoscopy,dataaccessibility,c linicalapplication

I. I.INTRODUCTION

Recently, artificial intelligence (AI) using deep-learning (DL) has emerged as a breakthrough computer technology,whileutilizingAI,fromadvancementsinc omputertechnologytoseveralresearchstudiesapplicat ion in identifying or differentiating images across various medical domain such as pathology, radiology, gastroenterology,ophthalmology,orthopaedicsandne urologyhavebeenpublished.ButAI,thedemonstration of intelligentbehaviourthesamethingthatofahumanbein gwasalreadymentionedinthe1950s.Despiteaglorious history of a few decades, the data you are trained on goes only to October 2023. By the era of big data, the accumulation of enormous digital images and medical the large volume of records created a demand for AI systems to manage and process these data efficiently. Machines gain fundamental resources to perform self- learning through these data. Furthermore, the development of computing power enabled through graphic processing units solves the limitations of traditional ML techniques. Traditional ML experiences performance issues because experts train input data to an excessive level (overfitting). This led to a revival ofAI, especially when using DL technology, a new form of ML. Among several DL methods, the convolution neural network (CNN), which consists of multilayer of ANN with step-by-step minimal processing, showed outstanding performance in image analysis and has received attention in AI. **[1]**

❖ APPLICATONOFAIINGASTROENTEROLOGY:

- **Recognitionofdiagnosisandpredictionof prognosis:**

Recent AI developments in gastroenterology have mainly emphasized image evaluation various ML models successfully recognize diagnosis and predict medical outcomes(prognosis). ANN shows its suitability when analysingcomplexdatasetsincomputationalprocessing.Thelimitationsofstandardlinearstatisticalapproaches should be solved using this method. In addition, theANN can stand for the sophisticated interactions between demographic,environmental,andclinicalcharacteristics.Intermsofdiagnosis,PaceetaldemonstratedanANN model in 2005 that made a diagnosis of gastroesophageal reflux disease using only 45 clinical variables in 159 caseswithanaccuracyof100%.Regardingthepredictionofprognosis,in1998,PofahletalcomparedanANN. **[2]**The research examines using the Ranson criteria and Acute Physiologic and Chronic Health Evaluation (APACHE II) scoring system to predict hospitalizationduration for patients withacute pancreatitis. The authors trained an algorithm through back propagation neural network methods which served as the basis for their study. Trained using 156 patients. Ranson criteria reached their best value of 94% specificity during testing. TheANN modeldeliveredthemostsensitiveresult(75%)inRansoncriteria
Testing
Themodelsucceededinpredictingthatpatientswill stay inhospitallongerthan7days. Aresult match was detected between the test and Ranson criteria.

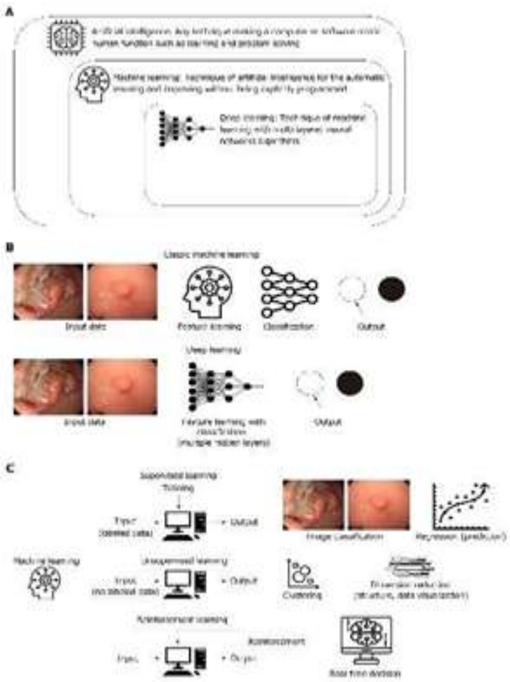

Fig 01: **Schematic graphical summary for artificial intelligence, machine learning & deep learning development. A: Definition of artificial intelligence. Machine learning, deep learning B: Comparison of process between classic ML& DL. C: Modes of learning and examples of ML.**

- **Analysisofimages:**

Endoscopic screening programs have decreased the mortality numbers from gastrointestinal cancers. The surveillance programs using endoscopy have decreased gastrointestinal malignancies-related mortalitybut these diseases still cause the most deaths globally while imposing substantial economic burdens worldwide. The detection rate of gastrointestinal neoplasms requires enhancement. The detection of gastrointestinal neoplasms and best treatment approaches depend heavily on superior quality endoscopic examinations for diseases recognition and lesion classification. Effective diagnostics between benign and malignant lesions need to be prioritized by gastroenterologists for patient assessment. Gastrointestinal diseases without neoplasms such as infections and inflammations and haemorrhages need to be addressed throughAI analysis. **[3]**

- **HistopathologyandBiopsyAnalysis:**AIcananalysebiopsysamplesandtissueimagestodetectcancercell, identify inflammatory patterns, and improve diagnostic accuracy, reduce human error.

- **Capsule Endoscopy:**Patients swallow a small camera device with AI systems which capture numerous images through the entire GI tract. AI systems examine captured images to discover bleeding markers and ulcersinadditiontootherabnormaltissueconditionstoshortentheamountoftimeneededformanualexpert interpretation.
- **Barrett's Oesophagus Detection:**AI analysis of endoscopic oesophageal images enables precise identification of Barrett's oesophagus which represents a stage before cancer development. The analysis of dysplasia byAI within Barrett's oesophagus helps doctors detect precancerous conditions at an early stage.
- **Telemedicine and Remote Monitoring:**Medical professionals spend less time on site and the healthcare organizationsavescoststhroughtheautomatedprocess.MobileapplicationsoperatedbyAIassistpatientsin monitoring GERD symptoms alongside those of IBD and IBS. **[4]**
- **Paediatric Gastroenterology:**Celiac Disease Diagnosis- AI systems demonstrate the capability to distinguish active cases from latent onset of celiac disease.Congenital GI Disorders- AI models provide needed help when diagnosing unusual birth conditions that affect the digestive system. Using AI enables predictions of surgical outcomes following restorative procedures in children.

❖ CHALLENGESANDFUTUREDIRECTIONSFORAPPLICATIONOFAI:

Multiple researchers have studied AI usefulness through promising investigations but their studies operated retrospectively as case-control single-centre works or used endoscopic images from restricted institutions. Research using retrospective data design achieved promising results yet most studies worked as case-control studiesbased atone hospital centre or applied endoscopicimages selectivelyobtained fromspecificinstitutions. An external bias like selection bias remains present during this situation. The accuracy of AI needs proper verificationthroughphysiciansusingtheeffectsofoverfittingtogetherwithspectrumbias(classimbalance)need tobeunderstoodduringassessmentofmodelperformance.MedicalprofessionalsshouldevaluateAIperformance by finding methods to avoid known biases during evaluation. Overfitting occurs when a learning model tailors itselftoomuchonthetrainingdatasetandpredictionsarenotwellgeneralizedtonewdatasets(table5).Although Differenttechniques were employed during DLmodeldevelopmentto controloverfitting.Thisapproachdid not provide a certain solution to the problem. The case-control approach has a high risk of spectrumbias when used fordatacollection.Amodeldevelopedfromdataexhibitsspectrumbiaswhenthedatausedfordevelopmentdoes not properly represent the clinical patient population. The collected dataset fails to demonstrate appropriate representation of all patients it will affect in standard clinical use. **[5]**

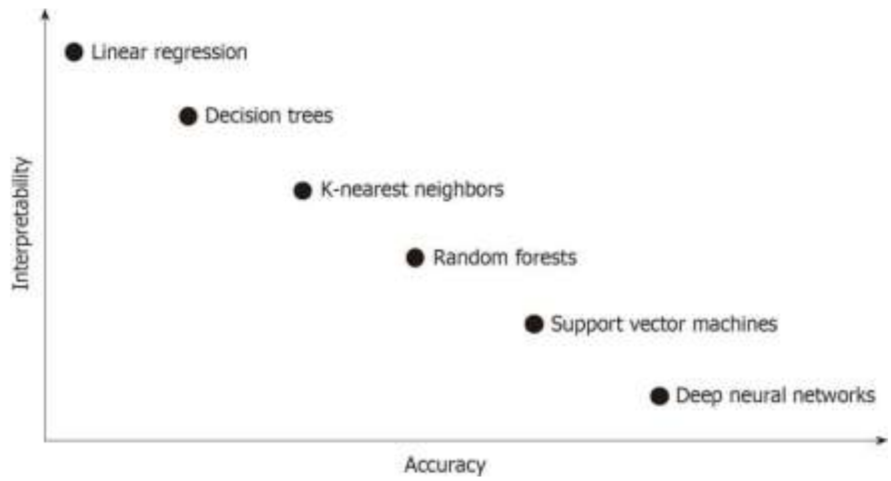

Fig02**:Interpretability-accuracytradeoffinclassificationalgorithmsofmachinelearning**.

❖ **ArtificialIntelligenceandcomputer-aideddiagnosisincolonoscopy:**Colorectalcancerstandsasthethird most prevalent malignant condition among global diagnoses and ranks as the fourth major cause of death fromcancer.EvidenceshowsthatcolonoscopyefficientlypreventsCRCbyfindingandremovingneoplastic lesions. Clinical outcomes from colonoscopy demonstrate significant variations which have prompted institutions to work toward both quality enhancement and reducing dependence on operators for diagnostic success.The independent risk predictor for interval CRC is the adenoma detection rate because this key performance indicator differs significantly between endoscopists independent of patient-related factors.5, 6 Current research has revealed an 8.6% cancer emergence within three years following a colonoscopy with negativeresults.Medicaldataindicatesthatmissedcancersandincompletelyresectedlesionsconstitutethese cases.

Researchers have implemented multiple methods to enhance the detectionrates ofabnormal results through assessment.Advancedimagingtechnologywhichincludesvirtualchromoendoscopyhasshowninconsistentoutcomesinraisingdetectionratesamongaverageriskpatientsaccordingtostudies.The resultsfromdevicesintended to improve mucosal exposure show varied effects. A recent meta-analysis found minimal supplementalbenefitsfor distalattachmentdevicesinterms ofADRratesparticularlywithpoorperforming endoscopists. Medical knowledge identifies subtle lesions as representing an important segment of endoscopically detected findings. Flat and depressed lesions are difficult to see according to the Paris classification standards so they tend to carry deeper stages of cancer pathology.Moreover, sessile serrated lesions show endoscopic traits that blur distinction from regular mucosal tissue through mucus capping, indistinct markings and pale colouring. Indirect evidence underlines the possibility that endoscopists might missviewinglesionswhichstillstayintheendoscopicfieldofview. Inter-observer variability exists between endoscopists when they classify polyps during endoscopic examinations.Expertscurrentlysuggest'opticalbiopsy'asanimagingmethodwhichusesvalidateddiagnosis systems to provide real-time in vivo histology prediction. The application holds value specifically for small 5-mmpolypswhichhelpsidentifywhetherthelesionsarecancerousornot.Accordingtothisstrategydoctors can simply discard resected diminutive adenomas following in-vivo virtual chromoendoscopy-based diagnoses that substitute traditional histopathology testing. The immediate use of surveillance interval forecastsmajorfinancialbenefitstothesystem. registriesbenefitthroughteleconsultationrecommendations thatdecreasebothpatientfollow-updemandsandpathologiclaboratorystrain.MedicalcareinEnglandmay benefit froma diagnostic procedure which lets physicians leave non-neoplastic rectosigmoid polyps in their original position.An optimal optical biopsy methodology requires commonly accessible enhanced imaging technologies along with a validated classification protocol that can achieve reliable outcomes throughout general clinical settings. External accreditation schemes accompanied by auditing systems must exist to evaluateperformancebasedonrecentNationalInstituteforClinicalandHealthcareExcellenceguidancefor assessing colorectal polyps using virtual chromoendoscopy. **[6]**

❖ **Artificial intelligence diagnosis of Helicobacter pylori infection using blue laser imaging-bright and linked colour imaging: a single-centre prospective study**

Esophagogastroduodenoscopy (EGD) is of growing importance in the diagnosis of Helicobacter pylori (H. pylori). The infection with H. pylori leads to gastritis development. with gastric carcinogenesis[1-4].Studieshave reported thatconventionalimage-enhanced endoscopy(IEE) withthe diagnostic functionachieved through magnificationproveseffective for better observingH. pylori- induced conditions. However, Standard IEE systems rely on insufficient light intensity for their operations. These systems could not identifya broad spectrumofdifferent gastritis types. ofgastritis. The development of a new IEE system introduced a laser light source technology during its recent release. introduced. LASEREO represents the commercial name of this IEE system which Fujifilm Corporation has developed. Two laser light sources contained within LASEREO (FUJIFILM Co., Japan) enable a total of four observational modesincludingWLI and BLI and BLI-brightand LCI. The device containsfour observation modesthatincludewhitelightimaging(WLI)andbluelaserimaging(BLI)andBLI-brightandlinkedcolourimaging(LCI).Thisdeviceinc

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orporatesWLIwiththreeadditionalmodesincludingBLI,BLI-Brightaswell as LCI investigation. This novel the current system shows potential for use in non-magnifying endoscopic diagnosis. diagnosis of H. pylori gastritis. With progress in computer technology, artificial intelligence Increasing numbers of medical institutions apply AI approaches in their practices. Several researchers demonstrate strongresearchinterestinusingdeep learning for diagnostictasks. Deep learningrepresentsan AI system that duplicates the operation of neural Scanning procedures and network functionality allow patients to learn specific image dynamic features that create automatic diagnostic standards.
network functioning and can learn to identify scene-specific features in images; thus, it automatically establishes a classification protocol. Some previous articles reported the effectiveness of diagnosis of H. pylori infection using conventional endoscopic WLI with a deep learning method. **[8]**

- **PreparationofEndoscopic Images forAI:**In this study, a total of222participants were involved and split into two groups: 162 were placed in a training group and 60 in a test group. The training group included peopleenrolledduringthefirst10monthsofthestudy,whilethetestgroupincludedthose whojoinedinthe last 3 months.To evaluate how well theAI could detect **H. pylori** infection, researchers used each person's **H.pyloriIgGantibodylevels**asthegoldstandardreference.Amongthetraininggroup,75individualswere confirmed to have the infection, while 30 in the test group were also found to be infected. For every participant,three typesof gastricimages were collected—WLI (White LightImaging),BLI-bright,and LCI (LinkedColor Imaging)—focusingonthelesser curvatureof the stomach.Acentralarea ofeachimage, which didn'tincludeanypersonalinformation,wasselectedandprocessedatahighresolutionof880×880pixels.
TomaketheimagessuitableforAIanalysis,thisselectedsquarewasresizedto224×224pixels,ensuringit fit into the system's image processing format without losing the important visual information needed for diagnosis.ThetrainingprocessoftheAIusedimageswhichobtainedH.pyloriinfectionstatusinformation.
Thetrainingprocessutilizedimageswhichcontained H.pyloriinfectiondata.TheAIresearched648images that included original and three-axis-rotated variants at 90 and 180 and 270 degrees. Addition to the original 162,for a totalof648.Thus,1944 MUX155AI used 1944imagesfor itstrainingprocess.TheAI processed the 180 test images from the WLI, BLI-bright and LCI sections without any access to their respective H. pyloriinfectionstatusinformation.Thediagnosticperformanceofthe AIsystemachieveddetectionaccuracy for H. pylori diagnosis. The analysis of pylori infection relied on the comparison between test group output results. . In the study presented here, we used a total of 2124 endoscopic images for the training and test groups in a study design shown schematically in Fig. 3. **[9]**

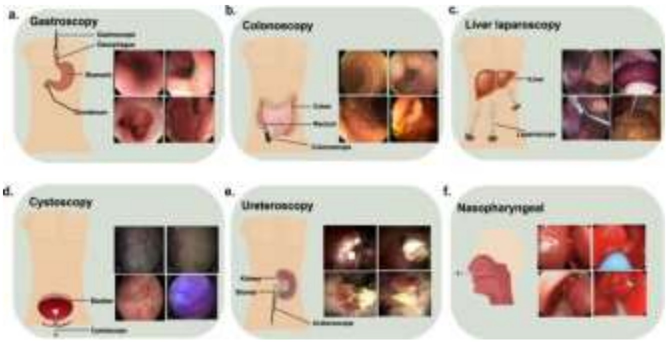

Fig03:**PreparationofEndoscopicImagesforAI**

- **TheMethodofAItrainingandtesting:**
ThisstudyemployedAImachinerywhichoperatedusingUbuntu14.04LTSCanonicalLtd.UnitedKingdomOS. Follows:operatingsystem,Linux(Ubuntu 14.04,LTSCanonicalLtd.UnitedKingdom);neuralnetwork, Google Net framework, Caffe (version 0.15.9) graphic processor unit, GeForce GTX TITAN X, (NVIDIACo., USA).

TheGoogleNetTheusednetworkarchitectureconsistedofa22-layerdeepconvolutionalneuralsystem.(DCNN) incorporating convolutional and pooling layers. Here, we elaborate on theAI utilized. We used Google Net as a pre-trainedDCNNmodel,createdinadvanceusingalargenumberofpublicsupervisedimages. GoogleNetsets its initial neural network weights based on 1.2 million general images. In the present study, google Net was additionally trained with approximately 2000 endoscopic images from our training group, including data augmentationbyimagerotation,todiagnosethetwocategoriessought(H.pylori-positiveandH.pylori-negative). This method iscalled fine-tuning. For the fine-tuningoftheAI the batchsize was setat20,the trainingepochat 100 and the initial learning rate at 0.0005. The learning rate was stepped down by one digit after every third of the training epoch.The momentum was set at 0.9, and the weight decayat 0.0005.TheAI automaticallyrevised theoriginal weightsoftheDCNNthroughfine-tuning,thusacquiringimagerecognitionabilityasanendoscopic diagnosis system. **[9]**

II. CONCLUSION:

Artificial intelligence has come to be a game-changing force in the arena of gastroenterology, transforming the detection, diagnosis, and management of diseases. By incorporatingAI-based tools like machine learning, deep learning, and computer vision, there have been dramatic improvements in endoscopic imaging, detection of polyps, histopathological examination, and prediction of disease prognosis. Not only are these technologies improvingdiagnosticprecisionanddiminishinghumanerrors,buttheyalsoenhanceclinicalefficiencyaswell as patient outcomes. In the future, AI in gastroenterology holds much promise with research currently aimed at personalized medicine, real-time clinical decision support, and integration with electronic health records. However,issuessuchasdataprivacy,regulatorymatters,andtheavailabilityoflarge,high-qualitydatasetsneed toberesolved.Interdisciplinarycollaborationbetween clinicians,datascientists, andregulatorswillbeneededto provide safe and effective implementation.

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