Instead of an Introduction: How to Get out of the Labyrinth of Digestive Symptoms

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Diseases of the digestive system and digestive complaints represent a constant challenge. More specifically, one disease can manifest in many different ways, and on the other hand, different diseases can resemble each other. Every third person in the general population has a symptom related to the digestive system. It is essential and important to think differentially diagnostic and to use the method of exclusion in diagnosing disease and deciding on the treatment method. Evidence-based medicine is the important tool.

European Association of Gastroenterology, Endoscopy, and Nutrition (EAGEN) and the European Society for Primary Care Gastroenterology (ESPCG) have jointly decided to address the most common digestive symptoms from a primary care perspective and a specialist perspective.

The evidence-based approach in real life means the application of consensus documents and clinical guidelines to individualize the principles of diagnosis and treatment for every person having digestive complaints.

This issue of *Digestive Diseases* is the result of presentations at a joint online course, held in Belgrade and hosted by the Serbian Association of Gastroenterologists (SAG) in November 2020, entitled: Personalized Gastroenterohepatology – between Primary Care Physician and Gastroenterohepatologist.

If, after reading the lines that follow, some dilemma is less difficult, then it made sense to prepare this special issue of the journal.

Conflict of Interest Statement

The author has no conflicts of interest to declare.

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