Adapted from/inspired by: Atlas of Gastrointestinal Pathology. Arnold et al. 2015 Last updated: 6/1/2024

Patterns of GI Tract Injury

Esophagus

Benign Incidental Findings:

Gastric "Inlet Patch"- Heterotopic gastric mucosa in esophagus

Pancreatic Heterotopia/Metaplasia

Glycogenic Acanthosis – Epithelial hyperplasia with abundant, enlarged superficial glycogenated cells; clinically appears white



Acute Esophagitis

Intraepithelial Neutrophils with Erosion/Ulceration

<u>GERD</u> Often scattered Eos (usu. < 15/HPF), Intercellular edema, Basal cell hyperplasia, Elongation of vascular papilla. Worse distally (near GEJ).

Infections

Candida - Look for fungal hyphae, Get PAS-D/GMS HSV - Look for Molding, Multinucleation,

Margination in epithelial cells.

CMV – Look for inclusions in mesenchymal cells.

<u>Medications</u> ("Pill esophagitis") Look for crystals, resins, and pill fragments; Polarize to help looking for foreign material.



Eosinophilic Esophagitis

Increased intraepithelial *Eosinophils* (report per HPF)

<u>GERD</u>

Eos typically < 15/HPF, Intraepithelial T lymphocytes ("squiggle cells"), Intercellular edema, Basal cell hyperplasia, Elongation of vascular papilla. Worse <u>distally</u> (near GEJ).

Eosinophilic Esophagitis

Typically, >20 Eos/HPF. Often eosinophilic microabscesses with degranulation. Often <u>diffuse</u> or worse proximally. Associated with "Atopic Triad" (Allergies, Asthma, Eczema). Presents with dysphagia, chest pain, food impaction, which may cause a food aversion. Endoscopically can appear as rings or furrows ("Trachealization/felinization")

Allergies/Systemic autoimmune disorders Medication Reaction



Note: As EoE and GERD can appear identical on a single bx, close clinical and endoscopic correlation is often necessary to distinguish between the them!

Parakeratosis Pattern

Superficial squamous cells with retained nuclei

<u>GERD</u>

Eos typically < 15/HPF, Intraepithelial T lymphocytes ("squiggle cells"), Intercellular edema, Basal cell hyperplasia, Elongation of vascular papilla. Worse distally (near GEJ).

Candida Esophagitis

Look for fungal hyphae at surface and get PAS-D or GMS, particularly in immunosuppressed individuals. Budding yeast are NOT good enough!

Esophagitis Dissecans Superficialis ("Sloughing

Esophagitis") Superficial "mummified" layer (with ghost nuclei) with variable necrosis and minimal inflammation. Clinically can be quite dramatic with extensive peeling and fissuring. Has been associated with thermal injury, medications, and some autoimmune conditions.



Esophageal Leukoplakia/Epidermoid Metaplasia

Looks like skin with keratinization and a granular layer. Associated with motility disorders and oral leukoplakia. Possible increased risk of squamous dysplasia/carcinoma.

Lymphocytic Pattern

Intraepithelial <u>Lymphocytes</u> (with few PMNs/Eos) How many are too many? No strict cutoff, but >30/HPF is likely too many, esp. diffusely and with epithelial damage

<u>GERD</u>

Lichen Planus

Band-like ("lichenoid") infiltrate at junction between epithelium and submucosa with basal degeneration. Dyskeratotic keratinocytes ("Civatte bodies") are common. Associated with cutaneous LP, certain medications, and viral infections. Often older women. Can get strictures. Risk of dysplasia \rightarrow SCC

Graft Versus Host Disease

Donor T lymphocytes attack host tissue. Typically present with Rash, Diarrhea, elevated LFT's.

Intraepithelial lymphocytes with dyskeratotic keratinocytes and scattered apoptotic bodies. Make sure CMV IHC is neg.

Crohn's Disease

Esp. in kids. Look in lamina propria for granulomas

"Contact Mucositis"

May be a generalized response to mucosal injury, for example to an allergy to a medication or food.

<u>Other</u>

CVID, Celiac disease, Dysmotility, connective tissue disease, Etc...



Stomach

Oxyntic Mucosa (90% of stomach) Present in body/fundus Pink parietal cells make acid and intrinsic factor (B12 uptake) Purple chief cells make pepsinogen

Antral Mucosa

Present in distal antrum and cardia

Gastrin-secreting G cells are found ONLY in antrum

Usu. extremely few inflammatory cells, except at the gastric cardia, which commonly has some chronic inflammation.

Reactive (Chemical) Gastritis/Gastropathy

Foveolar hyperplasia ("corkscrew glands"), Mucin depletion, Edema, Minimal inflammation, Extension of smooth muscle bands between glands

Often caused by <u>chemical irritation</u> by bile reflux, medications (particularly NSAIDs), or alcohol.

Portal Hypertensive Gastropathy

Above findings, plus dilated vessels in lamina propria. Seen in patients with portal hypertension. Endoscopically like "snake skin"

Gastric Antral Vascular Ectasia ("GAVE")

Endoscopically looks like a watermelon. Above findings, plus fibrin thrombi present in lamina propria capillaries.





Acute Gastritis Intraepithelial <u>Neutrophils</u> often with Erosion/Ulceration

Helicobacter pylori

Acute gastritis with characteristic <u>superficial</u> lymphoplasmacytic inflammation and prominent <u>lymphoid aggregates</u>. Most common in Antrum. Look hard in pits and consider getting Helicobacter IHC. Risk of MALT and dysplasia/carcinoma.

Helicobacter heilmannii

Less acute inflammation. More common in kids. Organisms are longer, more tightly spiraled, and less numerous

Medications

Esp. NSAIDs. Often associated ischemic or reactive changes.

"Focally Enhanced Gastritis"

Focally injured glands surrounded by inflammation. Associated in kids with IBD, particularly Crohn's disease.



<u>CMV</u>

Chronic Gastritis Chronic infla

Chronic inflammation in the Lamina propria

Helicobacter pylori/heilmannii

<u>Acute</u> gastritis with characteristic <u>superficial</u> lymphoplasmacytic inflammation and prominent lymphoid aggregates. Most common in <u>Antrum</u>. Get IHC stain if you don't see any organisms.

Autoimmune Metaplastic Atrophic Gastritis (AMAG)

Also known as autoimmune gastritis. Autoantibodies destroy parietal cells/oxyntic mucosa → No intrinsic factor → B12 deficiency → Pernicious anemia.

<u>Body</u>-predominant injury with loss of oxyntic mucosa and <u>Deep</u> chronic inflammation \rightarrow <u>Intestinal and pyloric metaplasia</u> & <u>ECL cell</u> <u>hyperplasia</u> \rightarrow Can make neuroendocrine tumors (type I) Gastrin stain can help confirm sample came from body (negative) and not antrum (positive).

Medications

Esp. NSAIDs. Often associated ischemic or reactive changes.

<u>Other</u>

CVID, Celiac disease

Lymphocytic Gastritis Intraepithelial Lymphocytes

<u>Helicobacter</u>

Celiac Disease

Medications (E.g., Ticlopidine, Olmesartan)

<u>HIV</u>

Other Immune-mediated Disorders CVID, Crohn's Disease, Lymphocytic colitis, etc...

Lymphoma

Collagenous Gastritis

Increased subepithelial collagen band with Intraepithelial

Lymphocytes (can highlight with trichrome stain)

Collagenous colitis/enteritis

Celiac Disease

Medications (E.g., Olmesartan)

Helicobacter

Other Immune-mediated Disorders





Eosinophilic Gastritis Increased Eosinophils

Although there is no strict cut-off, >30/HPF is likely too many and any in the epithelium, submucosa, or muscle is abnormal

Eosinophilic Gastritis/Gastroenteritis

<u>Diagnosis of exclusion</u>. Can be associated with Eosinophil-rich inflammation in other organs (e.g., esophagus and/or small bowel). Layer of bowel involved determines symptoms.

<u>Helicobacter</u> <u>Parasites</u> <u>Connective tissue diseases/Vasculitis</u> <u>Food Allergies</u> <u>Medications</u> <u>Inflammatory bowel disease</u> (particularly Crohn's)

Oxyntic Gland Hyperplasia

Dilated oxyntic glands with hypertrophic parietal cells with "snouts"

Associated with **Proton Pump Inhibitor use** (increases gastrin levels through feedback, causing parietal cell hypertrophy).

Single/Sporadic Polyp → <u>Fundic Gland Polyp</u>

Extremely low risk of dysplasia/progression

Innumerable or Dysplastic? Consider a Syndrome:

Familial Adenomatous Polyposis Can become dysplastic, but still low rate of progression to carcinoma

MutYH-Associated Polyposis

Zollinger-Ellison Syndrome

Gastrinoma (usu. in small bowel) causes increased acid secretion and ulcers. Associated with MEN1.

Foveolar Hyperplasia

"Corkscrew glands," Mucin depletion, Edema

Single/Sporadic Polyp → <u>Hyperplastic Polyp</u>

Associated with background inflammatory injury. Extremely low risk of dysplasia/progression

Innumerable or Dysplastic? Consider a Syndrome:

<u>Ménétrier's Disease</u> Whole stomach. Rare, acquired. Causes protein-losing enteropathy. In kids, associated with CMV.

<u>PTEN Syndromes</u> (Cowden's, etc...) <u>Cronkhite-Candada Syndrome</u> <u>Juvenile Polyposis</u> <u>Peutz-Jeghers Syndrome</u>







Small Intestine Quick Checklist:

- Villi? Long and skinny? Go away or blunt with Celiac Disease
- Goblet Cells? Go away with autoimmune enteropathy
- Intraepithelial lymphocytes? Increased in Celiac (and others)
- Plasma cells? Go away with CVID
- Critters? Look between villi and on surface for Giardia, etc..
- Vessels ok? Look for amyloid and vasculitis
- Endocrine cells? Go away with endocrine dysgenesis

Acute Duodenitis

Neutrophils in duodenal epithelium

Peptic Duodenitis

Additionally see Gastric foveolar metaplasia and chronic inflammation. Associated with excess gastric acid and/or Helicobacter

Infection Most commonly *Helicobacter* (can lead to ulcers \rightarrow Peptic Ulcer Disease). Sometimes Adenovirus, CMV, or other viruses.

Medications Most commonly NSAIDs Inflammatory bowel disease (particularly Crohn's)



Acute Ileitis Neutrophils in Ileal epithelium

Medications Most commonly NSAIDs

Infection Including common stool pathogens (bacterial and viral)

Inflammatory bowel disease Crohn's disease is more likely to impact TI (so look for granulomas, and signs of chronicity, including pyloric gland metaplasia). In UC, there is typically inflammation in the nearby cecum (that is thought to "backwash")

Eosinophilic Gastroenteritis

Increased Eosinophils

Although there is no strict cut-off, >60/HPF is likely too many and any in the epithelium, submucosa, or muscle is abnormal

Eosinophilic Gastroenteritis

Diagnosis of exclusion. Can be associated with Eosinophil-rich inflammation in other organs (e.g., stomach or colon). Layer of bowel involved determines symptoms.

Parasites

Connective tissue diseases/Vasculitis Food Allergies Medications Inflammatory bowel disease (particularly Crohn's)

Eosinophilic Gastroenteritis Symptoms Symptoms Layer Mucosa Diarrhea, malabsorption Muscle lleus Ileus and ascites

Serosa



Chronic Injury

Architectural distortion: crypt branching, dropout, and pyloric gland metaplasia often with villous blunting and a basal lymphoplasmacytosis Often starts to look like colon with IBD!

Inflammatory Bowel Disease

Chronic ACTIVE inflammation, with cryptitis and crypt abscesses. Particularly Crohn's in the TI (and small bowel in general). Look for granulomas and transmural inflammation in resections.

"Diaphragm Disease" Due to NSAIDS

Mild \rightarrow erosions with associated acute inflammation Severe \rightarrow multiple episodes can cause scarring \rightarrow stenosis Usu. Less chronic inflammation than Crohn's

Medications

Mycophenolate – Immunosuppressant (often given after transplantation) that can cause epithelial/crypt damage with increased apoptosis \rightarrow causes diarrhea

Ischemia Severe pain. Coagulative necrosis. Crypt withering. Lamina propria hyalinization and hemorrhage. Reperfusion brings acute inflammation.

Radiation Most sensitive to damage. Endothelial injury \rightarrow edema, fibrin, and ischemic changes with enlarged/bizarre nuclei.

Graft vs. Host Disease (GVHD) Donor T-lymphocytes attack host bowel. Hallmark finding: apoptotic bodies in crypts. Severe damage shows crypt abscess, crypt distortion, and epithelial destruction. Some studies suggest minimum of 6 apoptotic bodies per 10 contiguous crypts to reliably diagnose grade 1 GVHD.

Graft Rejection Host T-lymphocytes attack donor bowel. Similar to GVHD: Inflammation (mostly lymphs) with crypt destruction and apoptosis.

"IPAA" findings Given to patients with UC or FAP after colectomy. Usu. NOT given to Crohn's patients as high risk of complications.

Pouchitis Acute and chronic inflammation of ileal reservoir. Unclear etiology, but often treated with antibiotics/probiotics.

If refractory, consider Crohn's, but clinical Dx based on strictures/fistulas.

VS

Cuffitis Chronic active inflammation of rectal cuff, attributed often to residual/recurrent UC.





Lerner System for Grading GVHD		
Grade	Findings	
1	Isolated apoptotic bodies	
2	Loss or damage of isolated crypts, w/ or w/o crypt abscesses	
3	Loss of 2 or more contiguous crypts	
4	Extensive crypt loss with epithelial destruction	

Malabsorption

Villous atrophy with increased intraepithelial lymphocytes (IEL)

Causes <u>Diarrhea</u> clinically, often with weight loss.

Gluten Sensitive Enteropathy (Celiac Disease)

Gluten exposure triggers inflammation, primarily in <u>duodenum</u>. Positive serology for: Antigliaden, Tissue transglutaminase (TTG), and antiendomysial (EMA) (if not IgA deficient!). Associated with haplotypes HLA-DQ2 or DQ8 (absence both of these essentially excludes diagnosis). Number of IEL typically >20/100 enterocytes. "Crescendo" at <u>tip</u> of villi.

Other Protein Sensitives (e.g., cow milk, soy, eggs) Often increased Eosinophils in mucosa

Peptic duodenitis

Medications (e.g., Olmesartan and NSAIDs)



<u>Small Bowel Bacterial Overgrowth</u> excess anaerobic bacteria (often caused by decreased acid and dysmotility) digest bile and carbohydrates → variable local damage and bloating

<u>**CVID**</u> Immunodeficiency with impaired B-cell differentiation. Usually plasma cells ABSENT \rightarrow low serum Ig's \rightarrow recurrent infections.

<u>**Tropical Sprue</u>** Unknown etiology, but likely infectious. After travel to Africa, Asia, or South America. Must exclude other infections.</u>

<u>Autoimmune Enteropathy</u> Gut autoantibodies → often absent goblet or Paneth cells. Most common in infants. Can see similar pattern associated with thymoma.

Foamy Macrophages

"Foamy" macrophages in mucosa

Mycobacterium avium intracellulare (MAI) Get a FITE stain! Immunocompromised/AIDS-defining opportunistic infection.

<u>Whipple Disease</u> Get a PAS/D stain! *Tropheryma whipplei* causes an infection often afflicting older white men→ arthralgias, weight loss, diarrhea. Treat with antibiotics.

Nonspecific Macrophages

Dilated Lacteal

Engorged/dilated lymphatics

<u>Primary Lymphangiectasia</u> Poorly understood. Dilated lymphatics \rightarrow lymph/albumin leakage into gut \rightarrow diarrhea and protein-losing enteropathy.

Secondary Lymphangiectasia Similar manifestations as primary, but secondary to obstruction, tumor, adhesions, stricture, prior surgery, etc....



Colon

Crypts should be oriented parallel to one another, perpendicular to the surface (like test tubes in a rack), resting on the muscularis mucosae.

Regional Variation			
Right Colon	Left Colon		
More lymphocytes	Less lymphocytes		
Paneth cells normal	Paneth Cells abnormal		
Fewer goblet cells	More goblet cells		



Some architectural distortion and muciphages in the rectum is considered *normal*.

Focal Active Colitis

Rare collections of neutrophils in crypt epithelium (Otherwise normal)

Medications (esp. NSAIDs)

Acute Self-limited Colitis Resolves in <4 weeks. Usually infectious (e.g., Campylobacter, Salmonella, Shigella, or Yersinia) with abrupt onset and coinciding fever.

Bowel preparation artifact

Ischemic Colitis

IBD Usu. more dramatic findings though.

Acute Colitis

Extensive cryptitis and crypt abscesses, WITHOUT features of Chronicity

Infection Usu. acute bacterial or viral infections (e.g. CMV, *Salmonella, Shigella, Campylobacter*, etc...), so make sure this has been evaluated clinically. Often food contamination (fecal-oral). May see Pseudomembranes.

<u>Medications</u> Esp. NSAIDs. Also Resins (Kayexalate and Sevelamer) and Ipilimumab.

IBD Usually has features of chronicity, so would have to be emerging (very recent onset) or partially treated. Pediatric IBD may lack features of chronicity at diagnosis.



Chronic Active Colitis Active colitis with features of Chronicity

Features of Chronicity include: Architectural distortion (crypt branching, loss, and shortening), basal lymphoplasmacytosis, and Paneth cell or pyloric metaplasia

Inflammatory Bowel Disease (IBD)

Chronic systemic autoimmune inflammatory disease. On a mucosal colonic biopsy, can be impossible to distinguish Crohn's from UC and must rely on clinical/endoscopic impression. Look for Granulomas and Dysplasia. (See separate IBD notes)

Think of those test tubes being melted!

Infection Always rule out CMV in refractory IBD (along with other causes clinically)

Diverticular Disease Most common in older patients in sigmoid colon. Can mimic IBD with Diverticulitis and Segmental Colitis Associated with Diverticulosis (SCAD).

Diversion-Associated Colitis In bowel diverted from fecal stream (causes short chain fatty acid deficiency). Usu. see florid lymphoid hyperplasia with prominent germinal centers.

<u>STD Proctocolitis</u> Sexually Transmitted Diseases: Esp. Syphilis and lymphogranuloma venereum (Chlamydia). Often tons of plasma cells. Consider particularly with primarily rectal disease. <u>Anastomotic site changes</u> Don't assume chronic active colitis at an anastomotic site is IBD! <u>Cord Colitis Syndrome</u> After Umbilical cord transplantation. Often see granulomas. <u>Medications</u> NSAIDs, Ipilimumab, and resins

Ischemic Colitis Superficial epithelial damage, Crypt withering, Lamina propria hyalinization and hemorrhage.

Occasional pseudomembranes and acute inflammation (with reperfusion)

Ischemia Due to poor perfusion. Most common in "watershed" areas (splenic flexure, rectosigmoid, and ileocecal regions) in older patients with vascular occlusion or low-flow states.

Infection

E.coli 0157:H7 (EHEC)—Endothelial damage from toxin→ Fibrin thrombi often seen. Associated with Hemolytic Uremic Syndrome (Anemia, low platelets, renal failure) *C. Difficile*—Pseudomembranes, less hyalinization and crypt withering

<u>Medications</u> Esp. NSAIDs. Also Resins (Kayexalate and Sevelamer) and Ipilimumab.



Eosinophilic Colitis Increased Eosinophils

Although there is no strict cut-off, >60/HPF is likely too many and any in the epithelium, submucosa, or muscle is abnormal

Eosinophilic Colitis/Gastroenteritis

Diagnosis of exclusion. Can be associated with Eosinophil-rich inflammation in other organs (e.g., esophagus and/or small bowel). Layer of bowel involved determines symptoms.

Parasites Connective tissue diseases/Vasculitis Food Allergies Medications Systemic mastocytosis Inflammatory bowel disease (particularly Crohn's)



Lymphocytic Colitis

Increased intraepithelial lymphocytes

Microscopic colitis: Normal endoscopic appearance with only microscopic findings. Includes lymphocytic colitis and collagenous colitis.

Lymphocytic Colitis Watery diarrhea. Increased intraepithelial lymphocytes (>20 lymphs/100 epithelial cells). Classically older women.

Collagenous Colitis Watery diarrhea. Increased intraepithelial lymphocytes with Increased subepithelial collagen layer (irregularly thickened, trapping inflammatory cells, vessels, and fibroblasts). Can highlight with a trichrome stain.

Medications (e.g., NSAIDs, Olmesartan, SSRIs, etc...

Viral Infections, Thymoma

Granulomas! Rule out infection with FITE and GMS/PAS-D Granulomatous Colitis

Crohn's Disease Loose, non-necrotizing. Seen in less than ½ of cases. Note: In UC can see granulomatous reaction to crypt rupture!

Infections Esp. if Necrotizing! Rule out fungi and mycobacteria. Look around for parasites (e.g., Schistosomiasis)

Nonspecific mucosal injury **Medications** Sarcoidosis **Cord Colitis Syndrome Diverticular disease CVID and Chronic Granulomatous Disease**





Apoptotic Colitis

Increased apoptoses in crypt epithelium

<u>Graft vs. Host Disease (GVHD)</u> Donor T-lymphocytes attack host bowel. First see apoptotic bodies in crypts. Severe damage shows crypt abscess, crypt distortion, and epithelial destruction.

<u>Medication-effect</u> Classic cause: Mycophenolate (MMF), which has a similar appearance to GVHD, but with more eosinophils



Pigments and Inorganic Material

Iron

Appears brown and granular on H&E; Blue on Iron Stain

Deposition Patterns:

A: Deposition in lamina propria/macrophages → prior mucosal microhemorrhages

B: Coarse, crystals at surface \rightarrow Iron pill

C: Subtle, uniform deposition in deep glands ightarrow Iron overload

Resins

Kayexalate: Used to treat hyperkalemia in renal failure \rightarrow causes ischemic and ulcerative changes. Linked to fatalities, so urgent dx. *Purple on H&E with narrow fish-scale pattern.*



Sevelamer: Used to treat hyperphosphatemia in renal failure \rightarrow Associated with mucosal injury. Bright pink to rusty yellow on H&E with irregular fish-scale pattern.

Bile Acid Sequestrants: (e.g., cholestyramine) Binds bile acids (lowers cholesterol). NOT associated with injury— Bright pink/orange on H&E with smooth, glassy texture.

Crospovidone

Coral shaped "Pink center with a purple coat"

Incorporated into many medicines. Biologically inert→ incidental finding Non-birefringent









Lifting Agent

Appears homogeneous pink, often with a giant cell response (when fresh, more mucin-like)

Synthetic material injected during EMR/ESD. May resemble amyloidosis (but Congo Red negative) or Pulse granuloma.

Common names: "ORISE" and "Eleview"



Microcrystalline cellulose

Appears transparent on H&E Birefringent Often rod-shaped

Incorporated into many medicines Biologically inert \rightarrow incidental finding



Calcium Appears dark purple and often cracked on H&E; Black on von Kossa

Can be: Metastatic (in normal tissue due to high serum calcium levels), dystrophic (in damaged tissue due to injury), or idiopathic

90Yttrium-labeled Microspheres

Appear as uniform dark/opaque perfect circles.

Given by interventional radiology as internal radiation therapy for hepatic malignancies. Often also see radiation injury.

Melanosis

Coarse, brownish black pigment in cytoplasm of macrophages.

Consists of deposited Lipofuscin. Although classically associated with <u>laxative</u> use, can be seen in any disorder with increased epithelial cell turnover, including constipation.







Pseudomelanosis duodeni

Coarse, brownish black pigment in cytoplasm of macrophages, mostly at villous tips in duodenum.

Consists of iron, calcium, and other elements. (Can highlight with Iron and/or calcium stains).

Associated with hypertension, gastrointestinal bleeding, renal failure, diabetes, and with particular medications,

Tattoo

Very black, coarse granules in macrophages, often with a foreign body giant cell reaction.

Used to mark lesions endoscopically for later identification.

Titanium

Fine, dark brown to black. Confined to macrophage cytoplasm

Unique to **Terminal ileum**.

represents titanium, aluminum, and silicon—but for simplicity's sake, referred to as titanium alone. From food additives and Whitening agents (e.g. toothpaste)

Muciphages

Air

Mucin-containing macrophages in lamina propria

Presumably cleaning up after epithelial injury and turnover. Very common, especially in rectum.



Empty spaces, irregular in size, <u>without</u> a foreign body reaction.

Attributed to insufflation artifact \rightarrow incidental. No associated nuclei (not fat).



Pneumatosis Cystoides Intestinalis Empty spaces, WITH a foreign body reaction. (which means it happened <u>in vivo</u>!!) Often iatrogenic or infectious cause → Real!





