

Prof. Dr. med. Alexander Arlt

Chefarzt der Medizinischen Klinik, Gastroenterologie und interventionelle Endoskopie
APL-Professor für Innere Medizin & Gastroenterologie (Universität Kiel)

Schwerpunkte	Gastroenterologische Onkologie Pankreatologie und chronisch-entzündliche Darmerkrankungen (CED) Diagnostische und interventionelle Endoskopie (EUS, ERCP, Cholangioskopie, LAMS, EMR, ESD)
Gremien	Beirat Endoskopie der DGVS Beirat Endoskopie der DG-EBV Federführender Beirat e-learning Plattform der DGIM Mitglied EPC Komitee Education Mitarbeit an den DGVS Leitlinien zu Endoskopie, Pankreatologie, Ösophaguskarzinom, Pankreaskarzinom und Gallensteinen

Werdegang

1994 - 2001	Studium der Humanmedizin an der CAU zu Kiel
2002	Approbation
2002	Promotion mit summa cum laude
2007	Facharzt für Innere Medizin
2007	Habilitation im Fach Innere Medizin
2009	Schwerpunktsbezeichnung Gastroenterologie
2012	Zusatzbezeichnung Intensivmedizin
2013	Ernennung zum Ausserplanmäßigem Professor
2017	DEGUM Stufe II EUS Ausbilder
2018	Ernährungsmedizin
2019-2020	Stellvertretender Direktor der Klinik für Innere Medizin I – UKSH Kiel
2020-2023	W3 Professur Gastroenterologie der Universität Oldenburg und Direktor der Universitätsklinik für Gastroenterologie
Seit 01.01.2024	Chefarzt für Innere Medizin, Israelitisches Krankenhaus Hamburg

Preise & Auszeichnungen

2000	KYoung Investigator Award der American Association for Cancer Res.
2001	Dissertationspreis der NDGG
2001	Vincenz-Czerny-Preis für Onkologie der DGHO
2001	Wissenschaftspreis der Hensel-Stiftung
2001	Walther und Christiane Richtzenhain-Preis des DKFZ
2001	Fakultätspreis der CAU Kiel für die beste med. Promotionsarbeit
2002	Ludolph-Brauer-Preis der NWGIM
2002	Graduierten Stipendium der Novartis Stiftung für therapeutische Forschung
2002	Young Investigator Award der DGIM
2004	Stipendium aus der Ernst-Jung-Medaille für Medizin in Gold
2008	Harald Goebell-Stipendium der DGVS
2010	Rising Star award der ASNEMGE

Publikationen

Schwerpunkt Endoskopie und Sonographie

- S. Bruckner, A. Arlt, J. Hampe, Endoscopic ultrasound-guided biliary drainage using a lumen-apposing self-expanding metal stent: a case series, *Endoscopy*, 47 (2015) 858-861.
- Jurgensen C, Distler M, A. Arlt, ..., Hampe J. EUS-guided drainage in the management of postoperative pancreatic leaks and fistulas (with video). *Gastrointest Endosc*. 2019;89(2):311-9 e1.
- Zeissig S, ..., Arlt A, Will U, Hampe J. Severe bleeding is a rare event in patients receiving lumen-apposing metal stents for the drainage of pancreatic fluid collections. *Gut*. 2019;68(5):945-6.
- Parsa N, Nieto JM, ..., A. Arlt, ..., Khashab MA. Endoscopic ultrasound-guided drainage of pancreatic walled-off necrosis using 20-mm versus 15-mm lumen-apposing metal stents: an international, multicenter, case-matched study. *Endoscopy*. 2020;52(3):211-9.
- Anderloni, A., C. Fabbri, ..., A. Arlt, ..., M. A. Khashab and R. Kunda (2021). "The safety and efficacy of a new 20-mm lumen apposing metal stent (lams) for the endoscopic treatment of pancreatic and peripancreatic fluid collections: a large international, multicenter study." *Surg Endosc* 35(4): 1741-1748.
- Gerges C, ..., Beyna T, German Cholangioscopy Group (A. Arlt,). Digital single-operator pancreatoscopy for the treatment of symptomatic pancreatic duct stones: a prospective multicenter cohort trial. *Endoscopy*. 2022.
- Stefanovic, S., D. G. Adler, A. Arlt,, T..., D. Yang and P. Hindryckx (2024). "International Consensus Recommendations for Safe Use of LAMS for On- and Off-Label Indications Using a Modified Delphi Process." *Am J Gastroenterol* 119(4): 671-681.
- Hamm, J., A. Busana, A. Amanzada, A. Arlt,, ... A. Neesse, C. Ammer-Herrmenau and P. w. group (2025). "Effect of proton pump inhibitors on occlusion of lumen-apposing metal stents and rate of endoscopic necrosectomies: a Europe-wide multicenter cohort study." *Endoscopy* 57(8): 829-838.

Sponge/Vacuum-Therapie

- Schniewind, B., Schafmayer, C., Both, M., Arlt, A., Fritscher-Ravens, A., Hampe, J. (2011). Ingrowth and device disintegration in an intralobar abscess cavity during endosponge therapy for esophageal anastomotic leakage. *Endoscopy* 43 Suppl 2: E64-5.
- Schniewind B., Schafmayer C., Voehrs G., Egberts J., ..., Arlt, A., ... Hampe J. 2013. Endoscopic endoluminal vacuum therapy is superior to other regimens in managing anastomotic leakage after esophagectomy: a comparative retrospective study. *Surg Endosc* 27: 3883-90.
- El-Sourani N, Miftode S, Bockhorn M, Arlt A, Meinhardt C. Endoscopic Management of Anastomotic Leakage after Esophageal Surgery: Ten Year Analysis in a Tertiary University Center. *Clin Endosc*. 2022;55(1):58-66.

EUS und Endoskopie allgemein

- Fritscher-Ravens, A., Arlt, A. (2011). Safety notes: how to avoid infections in natural orifice transluminal endoscopic surgery. *Endoscopy* 43: 58-62.
- Fritscher-Ravens, A., ... Hadelers, K. G., Arlt, A., Mannur, K. (2011). Endoscopic transesophageal vs. thoracoscopic removal of mediastinal lymph nodes: a prospective randomized trial in a long term animal survival model. *Endoscopy* 43: 1090-6.
- Fritscher-Ravens, A., ..., Arlt, A., Bhowmik, A. (2011). Granulomatous mediastinal adenopathy: can endoscopic ultrasound-guided fine-needle aspiration differentiate between tuberculosis and sarcoidosis? *Endoscopy* 43: 955-61.
- Jürgensen, C., Arlt, A., Naser, F., Fritscher-Ravens, A., Stölzel, U., Hampe, J. Endoscopic ultrasound criteria to predict the need for intervention in pancreatic necrosis. *BMC Gastroenterol* 12: 48.
- Ellrichmann M., Sergeev P., Bethge J., Arlt, A., ..., Fritscher-Ravens A. 2013. Prospective evaluation of malignant cell seeding after percutaneous endoscopic gastrostomy in patients with oropharyngeal/esophageal cancers. *Endoscopy* 45: 526-31.
- Fritscher-Ravens A., ..., Arlt, A., Ellrichmann M. 2013. Endoscopic ultrasound-guided fine needle aspiration training: evaluation of a new porcine lymphadenopathy model for in vivo hands-on teaching and training, and review of the literature. *Endoscopy* 45: 114-20.
- Jurgensen C., ..., Arlt, A., ..., Hampe J. 2013. Prognostic relevance of gastric cancer staging by endoscopic ultrasound. *Surg Endosc* 27: 1124-9.
- Ellrichmann M., ..., Arlt A., ..., Fritscher-Ravens A. 2014. Endoscopic ultrasound of the colon for the differentiation of Crohn's disease and ulcerative colitis in comparison with healthy controls. *Alimentary pharmacology & therapeutics* 39: 823-33.

Publikationen

- A. Arlt, et al. Abdominal malrotation overlooked at extensive cross-sectional imaging and leading to life-threatening gastrointestinal bleeding, *Endoscopy*, 47 Suppl 1 (2015) E639-640.
- Behrens A, ..., A. Arlt, ..., Ell C. Acute sedation-associated complications in GI endoscopy (ProSed 2 Study): results from the prospective multicentre electronic registry of sedation-associated complications. *Gut*. 2018.
- List S, ..., A. Arlt, Halbfass P. Incidence of ablation-induced esophageal lesions and gastroparesis in patients undergoing ablation index guided high power short duration atrial fibrillation ablation. *J Cardiovasc Electrophysiol*. 2023;34(1):82-9.10.1111/jce.15731.
- Ellrichmann, M., B. Schulte, C. C. Conrad, S. Schoch, J. Bethge, M. Seeger, R. Huber, M. Goeb, A. Arlt, S. Nikolaus, C. Rocken and S. Schreiber (2024). "Contrast-Enhanced Endoscopic Ultrasound Detects Early Therapy Response Following Anti-TNF Therapy in Patients with Ulcerative Colitis." *J Crohns Colitis* 18(7): 1012-1024.
- Meinhardt C, ..., A. Arlt*, Halbfass P*. High prevalence of incidental endoscopic findings at routine endoscopy after atrial fibrillation ablation: Do we need a screening endoscopy for the upper gastrointestinal tract in the general population? *Eur J Intern Med*. 2023.10.1016/j.ejim.2023.02.011.
*Geteilte Letztautorenschaft
- Ellrichmann, M., ..., A. Arlt, S. Nikolaus, C. Rocken and S. Schreiber (2024). "Contrast-Enhanced Endoscopic Ultrasound Detects Early Therapy Response Following Anti-TNF Therapy in Patients with Ulcerative Colitis." *J Crohns Colitis* 18(7): 1012-1024.

Schwerpunkt Pankreatitis/Leber/CED/Entzündung

- Noth, R., ..., Schreiber, S., Arlt, A. (2012). Anti-TNF-alpha antibodies improve intestinal barrier function in Crohn's disease. *J Crohns Colitis* 6: 464-9.
- Arlt, A., ..., Monig H. 2013. [Diagnosis and differential diagnosis of pancreatic lesions]. *Dtsch Med Wochenschr* 138: 2539-42.
- Arlt, A., ..., Hampe J. 2014. Antibiosis of Necrotizing Pancreatitis. *Viszeralmedizin* 30: 318-24.
- A. Arlt, et al., Characteristic changes in microbial community composition and expression of innate immune genes in acute appendicitis, *Innate Immun*, 21 (2015) 30-41.
- L. Balke, M. Both, A. Arlt, M. Rosenberg, B. Bewig, Severe adult respiratory distress syndrome from Goodpasture syndrome. Survival using extracorporeal membrane oxygenation, *Am J Respir Crit Care Med*, 191 (2015) 228-229.
- S. Rasch, ..., A. Arlt, ... H. Algul, Open Surgical versus Minimal Invasive Necrosectomy of the Pancreas-A Retrospective Multicenter Analysis of the German Pancreatitis Study Group, *PLoS One*, 11 (2016) e0163651.
- H. Monig, A. Arlt, [Hyponatremia: Differential Diagnosis and Treatment], *Dtsch Med Wochenschr*, 142 (2017) 1231-1247.
- B. Mussle, M..., A. Arlt, J. Weitz, T. Hackert, T. Welsch, Management of patients with pancreatic cystic lesions: A case-based survey, *Pancreatology*, 17 (2017) 431-437.
- Overbeek, K. A., J..., A. Arlt, ..., J. M. Lohr, J. Rosendahl and A. I. P. S. G. Prescr (2024). "Type 1 Autoimmune Pancreatitis in Europe: Clinical Profile and Response to Treatment." *Clin Gastroenterol Hepatol* 22(5): 994-1004 e1010.
- Timmer, A., J., A. Arlt, W. Kruis (2025). "Integrating the Patient Perspective to Validate a Measure of Disease Severity in Inflammatory Bowel Disease: Online Survey of Patients and Their Physicians." *Inflamm Bowel Dis* 31(4): 983-994.

Onkologischer Grundlagenschwerpunkt

- Arlt, A., et al. (2001). Inhibition of NF-kappaB sensitizes human pancreatic carcinoma cells to apoptosis induced by etoposide (VP16) or doxorubicin. *Oncogene* 20: 859-68.
- Arlt, A., et al. (2002). Autocrine production of interleukin 1beta confers constitutive nuclear factor kappaB activity and chemoresistance in pancreatic carcinoma cell lines. *Cancer Res* 62: 910-6.
- Arlt, A., et al. (2003). Role of NF-kappaB and Akt/PI3K in the resistance of pancreatic carcinoma cell lines against gemcitabine-induced cell death. *Oncogene* 22: 3243-51.
- Arlt, A., et al. (2003). The early response gene IEX-1 attenuates NF-kappaB activation in 293 cells, a possible counter-regulatory process leading to enhanced cell death. *Oncogene* 22: 3343-51.
- Arlt, A., et al. (2009). Increased proteasome subunit protein expression and proteasome activity in colon cancer relate to an enhanced activation of nuclear factor E2-related factor 2 (Nrf2). *Oncogene* 28: 3983-96.

Publikationen

- Geismann C..., Arlt A. 2014. c-Rel is a critical mediator of NF-kappaB-dependent TRAIL resistance of pancreatic cancer cells. *Cell death & disease* 5: e1455.
- Geismann, C.,A. Arlt (2023). "NF-kappaB/RelA controlled A20 limits TRAIL-induced apoptosis in pancreatic cancer." *Cell Death Dis* 14(1): 3.