

INCIDENCE AND RISK FACTORS FOR DISEASE PROGRESSION IN PATIENTS WITH ULCERATIVE PROCTITIS: A RETROSPECTIVE COHORT STUDY

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UEG Week Berlin 2025

Poster

IBD

October 5, 2025

In a cohort of 486 newly diagnosed ulcerative proctitis patients followed for a median 6.2 years, the 10-year cumulative incidence of proximal disease extension was 23.9%, with age under 18 years and absence of steroid-free remission at 3 months identified as significant predictors of progression.

KEY POINTS

- Disease progression occurred in 112 of 486 patients (23%), with 16% progressing to left-sided colitis and 6.6% to pancolitis; median time to progression was 57 months.
- Age under 18 years at diagnosis (HR 2.61, $p=0.009$) and absence of steroid-free remission at 3 months (HR 1.97, $p=0.005$) were significant predictors of disease progression in Fine and Gray regression analysis.
- Cumulative incidence of disease progression was 2.8% at 1 year, 13.2% at 5 years, and 23.9% at 10 years; traditional Kaplan-Meier analysis would have substantially overestimated these rates.
- At last follow-up, 371 patients (76%) were in clinical remission, with 202 (54%) requiring only topical and/or oral 5-ASA, while 50 patients (10%) had refractory disease requiring immunosuppressants or advanced therapies.
- Study was conducted in a large non-academic hospital in the Netherlands including all patients diagnosed with ulcerative proctitis between January 2000 and January 2024.

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