

TRYPTOPHAN METABOLITES DYNAMICALLY ASSOCIATE WITH FATIGUE ALLEVIATION IN IBD

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Poster

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In a prospective cohort of 165 IBD patients receiving biologics or JAK inhibitors, eight tryptophan metabolites were positively associated with fatigue improvement, with four metabolites (tryptophan, kynurenine, xanthurenic acid, and serotonin) changing dynamically as fatigue symptoms improved over 14 weeks.

KEY POINTS

- Severe fatigue affected 50.3% of patients at baseline and decreased to 13.2% in therapy responders at week 14 compared to 45.9% in non-responders
- Eight tryptophan derivatives (tryptophan, kynurenic acid, kynurenine, picolinic acid, xanthurenic acid, serotonin, indole-3-propionic acid, and quinaldic acid) were positively associated with FACIT-F scores, while neopterin was negatively associated
- Four metabolites (tryptophan, kynurenine, xanthurenic acid, and serotonin) increased at rates proportional to the extent of fatigue improvement
- The kynurenine-to-tryptophan ratio, previously linked to active IBD, did not show a specific fatigue-related signature in this cohort
- The findings may be relevant to clinicians treating IBD patients with persistent fatigue, though the authors note that further work is needed to separate effects on therapy response from effects on fatigue improvement

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