INTERIM RESULTS OF THE INTERNATIONAL LIFESPAN CASE–CONTROL STUDY: LIFESTYLE RISK FACTORS IN ACUTE PANCREATITIS

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The LIFESPAN interim analysis of 2,878 participants (1,212 AP cases, 1,666 controls) identified obesity, daily alcohol consumption, smoking, diabetes, lipid disorders, intensive physical activity during work, sleep disturbances, and difficulties coping with stress as significantly associated with acute pancreatitis.

KEY POINTS

- Established risk factors were confirmed: obesity (OR 1.38, p<0.001), daily alcohol consumption (OR 1.57, p<0.001), and smoking (OR 1.70, p<0.001) were significantly more frequent among AP patients.
- Novel associations were found with intensive physical activity during work (OR 2.60, p<0.001), sleep disturbances (OR 1.17, p=0.031), and difficulties coping with accumulated stress (OR 1.23, p=0.015).
- Metabolic comorbidities were more prevalent in AP patients, including diabetes (OR 1.35, p=0.001) and lipid metabolism disorders (OR 2.60, p<0.001).
- An exploratory 12-component lifestyle risk score was higher in AP patients than controls and associated with moderately severe or severe pancreatitis (OR 1.16 per point) and pancreatic complications (OR 1.15 per point), but is not yet validated for clinical prediction.
- No consistent independent associations were found for most dietary factors, stress, or sleep quality in multivariate models adjusting for other predictors.
- The findings may guide development of structured post-AP lifestyle counselling strategies, though the observational design cannot establish causality for any single exposure.

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