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Summary

COELIAC DISEASE OUTCOMES OF BUDESONIDE RESPONSE IN ADULTS: COBRA STUDY FROM THE EUROPEAN SOCIETY FOR THE STUDY OF COELIAC DISEASE (ESSCD)

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Endoscopy | Small Intestine & Nutrition | Immunology

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The first multi-centre international study of budesonide in refractory coeliac disease type 1 found that over 80% of 186 patients experienced symptomatic benefit, with 50% reporting complete resolution of symptoms.

KEY POINTS

- 50.0% of patients reported complete resolution of symptoms on budesonide and 31.2% reported some improvement, while 17.7% had no benefit and 1.1% worsened
- Of 134 patients who had repeat gastroscopy on budesonide, 52.2% exhibited histological improvement, and clinical response was associated with a higher likelihood of histological improvement (OR: 9.4, 95% CI: 2.6-33.7)
- Following budesonide initiation, 39.8% of patients required no further treatment, 19.9% required long-term budesonide, and 32.1% required restarting or uptitrating due to symptom recurrence
- Side effects were reported by 5.9% of patients and adrenal insufficiency was identified in 2 of 12 patients tested
- Among patients requiring steroid-sparing agents, azathioprine was most frequently tried and 47.1% of those who started it continued long-term therapy
- The authors conclude this study provides evidence that budesonide is the first line treatment of choice for refractory coeliac disease type 1

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