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Summary

HIGH PROPORTION OF PATIENTS WITH INFLAMMATORY BOWEL DISEASE SHOW SIGNS OF RELEVANT DISEASE ACTIVITY – RESULTS FROM THE GERMAN COHORT OF THE IBD PODCAST STUDY

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In the IBD-PODCAST study of 438 German patients, approximately 40-44% showed signs of inadequate disease control, associated with impaired quality of life, reduced work productivity, and increased healthcare resource utilization.

KEY POINTS

- Inadequate disease control was identified in 43.8% of Crohn's disease patients and 39.9% of ulcerative colitis patients based on STRIDE II criteria, with impaired quality of life (SIBDQ <50) being the most common indicator.
- Patients with inadequate disease control missed substantially more work time compared to those with adequate control (CD: 13.4% vs. 2.6%; UC: 10.5% vs. 3.0%).
- Healthcare resource utilization was markedly higher in the inadequate disease control group, with increased rates of emergency room visits, hospitalizations, and surgeries across both ulcerative colitis and Crohn's disease.
- The authors state these findings underscore the continued need for improved disease management and more treatment options in IBD patients.

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