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Summary

CHANGES IN THE NATURAL HISTORY OF POSTOPERATIVE RECURRENCE IN CROHN'S DISEASE: A META-ANALYSIS OF PLACEBO GROUPS FROM RANDOMIZED CONTROLLED TRIALS

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Meta-analysis of placebo-controlled trials shows endoscopic postoperative recurrence in Crohn's disease increased significantly over three decades, with endoscopic recurrence at 6 months rising from 64% (2001-2010) to 83% after 2010.

KEY POINTS

- Endoscopic postoperative recurrence at 6 months increased significantly over time: 64% (95% CI 0.49-0.77) in 2001-2010 versus 83% (95% CI 0.75-0.89) after 2010 (p=0.031).
- Meta-regression showed more recent year of publication was significantly associated with higher risk of endoscopic recurrence at 6 months (coefficient 0.07, 95% CI 0.01-0.14, p=0.016).
- Severe endoscopic recurrence at 6 months was significantly correlated with higher proportion of active smokers (coefficient 9.4, 95% CI 3.2-16, p=0.003) and lower proportion of first resections (coefficient -8.3, 95% CI -12 to -4.1, p<0.001).
- No significant temporal differences were observed for endoscopic recurrence at 3 or 12 months, or for clinical recurrence at 12, 24, or 36 months.
- The analysis included 20 controlled trials; only 4 used centralized endoscopy reading and most trials did not report key risk factors such as perianal disease or penetrating phenotype.

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