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Summary

PREVALENCE OF CMV INFECTION IN IBD PATIENTS : DEFINING PREVALENCE, CLINICAL PROFILE AND OUTCOMES IN OUR CLINICAL PRACTICE

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A retrospective study of 505 IBD patients found a 0.9% prevalence of CMV intestinal infection, with all five affected patients achieving good clinical and biological outcomes following 21 days of ganciclovir treatment.

KEY POINTS

- Among 505 IBD patients studied from 2015 to 2022, five patients (0.9%) had CMV intestinal infection defined by presence of inclusions on biopsies or positive CMV PCR.
- Four of the five CMV-positive patients were already on immunomodulators (thiopurines or methotrexate) for ulcerative colitis, while one was newly diagnosed.
- CMV disease presented during severe acute colitis in three patients and moderate colitis in two patients, with Mayo score of 3 in all cases.
- All patients were treated with ganciclovir for 21 days in consultation with infectious disease specialists, resulting in good clinical outcomes with mean CRP decreasing from 94 mg/l to 20 mg/l.
- The authors suggest CMV prevalence may be underestimated and could be higher if diagnostic tools were more accessible.

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