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Summary

PROGRESSION RATE OF DIVERTICULAR DISEASE AND ASSOCIATED RISK FACTORS: RESULTS FROM PROSPECTIVE NATIONWIDE DIVERTICULAR DISEASE REGISTRY (REMAD)

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Colorectal

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A five-year prospective multicenter cohort study of 1217 patients found that diverticular disease progression rates increase along the disease spectrum, with female gender being the only risk factor associated with progression to diverticulitis.

KEY POINTS

- Among patients with baseline diverticulosis, 7.23% developed symptomatic uncomplicated diverticular disease and 1.13% developed diverticulitis over the study period.
- Patients with previous diverticulitis had the highest recurrence rate at 21.70% (7.72 per 100 person-years), while 3.0% of symptomatic uncomplicated diverticular disease patients progressed to diverticulitis.
- Female gender was associated with increased risk of developing diverticulitis in diverticulosis patients (HR 1.75, 95%CI 1.04-2.93) and recurrent diverticulitis (HR 2.73, 95%CI 1.42-5.25).
- Other evaluated factors including age, BMI, family history, diet, smoking, alcohol, coffee use, physical activity, and medical treatments were not associated with disease progression.
- This prospective data may help clinicians stratify progression risk and address clinical practice for patients with diverticular disease spectrum conditions.

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