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Summary

IMPACT OF BODY MASS INDEX ON CLINICAL OUTCOMES IN INTESTINAL BEHÇET'S DISEASE

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In a retrospective cohort of 760 patients with intestinal Behçet's disease, underweight status at diagnosis was associated with worse clinical outcomes compared to higher BMI groups across multiple endpoints.

KEY POINTS

- Higher BMI groups showed significantly lower cumulative rates of biologics use, surgery, hospitalization, and emergency room visits compared to lower BMI groups (all p trend ≤0.008).
- In multivariate analysis, normal, overweight, and obese BMI groups were negatively associated with future hospitalization versus underweight (HR 0.667, 0.589, and 0.515 respectively, all p ≤0.014).
- Overweight and obese groups were negatively associated with future biologics use versus underweight (HR 0.490 and 0.312, p=0.049 and p=0.021).
- The study included 760 patients categorized into four BMI groups at Severance Hospital, Seoul, Korea between 1997 and 2021, with multivariate analysis adjusting for disease characteristics and demographics.
- The authors conclude that underweight status could affect poor outcomes and recommend attention to nutritional status in these patients.

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