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Summary

ELDERLY INFLAMMATORY BOWEL DISEASE IN A TUNISIAN POPULATION

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IBD

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A retrospective study of 452 IBD patients found that elderly-onset IBD (diagnosed at age 60 or older) represented 6.8% of cases and was associated with milder disease requiring less intensive medical therapy compared to younger-onset patients.

KEY POINTS

- Elderly-onset IBD patients were significantly more likely to have ulcerative colitis than Crohn's disease and were more frequently overweight or obese compared to younger patients (45.2% versus 23%).
- Elderly patients required significantly less immunosuppressive therapy (30% versus 60%) and anti-TNF alpha therapy (9.6% versus 33%) than younger-onset patients.
- Surgical intervention rates were comparable between elderly and younger patients, but elderly Crohn's disease patients had significantly fewer ano-perineal manifestations.
- Corticosteroids were used in 61% of elderly patients with an 87% response rate, and extra-intestinal manifestations were exclusively rheumatological in this population.
- The findings suggest elderly-onset IBD follows a milder disease course, which may inform treatment decisions for clinicians managing IBD in older adults.

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