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Summary

PATIENTS WITH ELDERLY-ONSET INFLAMMATORY BOWEL DISEASES DO NOT DIFFER FROM THOSE WITH ADULT-ONSET IN THEIR INITIAL PRESENTATION - FINDINGS FROM A DANISH POPULATION-BASED INCEPTION COHORT (IBD PROGNOSIS STUDY)

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IBD

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A Danish population-based study of 501 newly diagnosed IBD patients found no significant differences in initial disease presentation, severity, or early disease course between elderly-onset (age ≥60 years) and adult-onset (18–59 years) ulcerative colitis or Crohn's disease.

KEY POINTS

- Among 501 patients enrolled between May 2021 and April 2023, 99 (19.8%) had elderly-onset IBD and 398 (79.4%) had adult-onset IBD, with similar proportions of UC and CD in both age groups.
- Elderly-onset UC patients had significantly more left-sided disease (39.1% vs 25.6%, p=0.04) compared to adult-onset UC, but other disease phenotype characteristics, endoscopic severity, and inflammatory markers did not differ significantly between age groups.
- In adjusted Cox regression analysis, elderly-onset UC (aHR 1.9, 95% CI 0.5-7.3) and elderly-onset CD (aHR 4.1, 95% CI 0.3-12.3) showed no statistically different risk of requiring surgery or biological therapy within six months compared to adult-onset disease.
- Patients with elderly-onset IBD tended to receive biological therapies and immunomodulators less frequently than adult-onset patients, though differences were not statistically significant.
- This prospective inception cohort from a catchment area of 1,050,000 citizens provides population-based evidence relevant to clinicians managing newly diagnosed IBD in older adults.

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