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Summary

SHOULD ALL PATIENTS WITH NEWLY DIAGNOSED INFLAMMATORY BOWEL DISEASES BE SCREENED FOR METABOLIC BONE DISEASE? RESULTS FROM A DANISH POPULATION-BASED INCEPTION COHORT STUDY

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IBD

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A prospective Danish population-based study of 316 newly diagnosed IBD patients found that 27% of ulcerative colitis and 20% of Crohn's disease patients had osteopenia at diagnosis, with osteoporosis present in approximately 10% and 8% respectively.

KEY POINTS

- Among 316 newly diagnosed IBD patients who underwent DXA scanning, osteopenia was identified in 48 of 178 ulcerative colitis patients (27.0%) and 23 of 117 Crohn's disease patients (19.7%), while osteoporosis was found in 17 ulcerative colitis patients (9.6%) and 9 Crohn's disease patients (7.7%).
- Osteopenia prevalence was high across all age groups in both ulcerative colitis and Crohn's disease, with no significant difference in metabolic bone disease risk between the two conditions (adjusted OR 1.86 for osteopenia, 1.42 for osteoporosis).
- Age above 65 years was independently associated with osteoporosis risk in both ulcerative colitis (adjusted OR 13.4) and Crohn's disease (adjusted OR 6.39), while low albumin level below 36 g/L was associated with osteopenia risk only in ulcerative colitis (adjusted OR 2.57).
- Metabolic bone disease risk was not associated with IBD phenotype, medications, patient-reported severity, or endoscopic severity in either condition, and female gender was not a significant risk factor for osteoporosis.
- This is the first population-based evaluation of DXA screening at IBD diagnosis; findings may inform screening strategies for newly diagnosed IBD patients given future steroid exposure risk.

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