

PREDICTORS OF RELAPSE IN CASES OF ULCERATIVE COLITIS THAT ACHIEVED MUCOSAL HEALING WITH BIOLOGICS

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UEG Week Copenhagen 2023

Poster

IBD

October 15, 2023

In a retrospective study of 45 ulcerative colitis patients who achieved mucosal healing with biologics, 47% relapsed during follow-up, with Mayo Endoscopic Score 3 at treatment initiation and smoking history identified as independent predictors of relapse.

KEY POINTS

- Of 45 patients who achieved mucosal healing with biologics (including Tofacitinib), 21 patients (47%) experienced relapse during mean follow-up of 28.6 months (range 8-95 months).
- Multivariate analysis identified Mayo Endoscopic Score 3 at biologics introduction (OR 9.21, 95% CI 1.18-72.0, $p = 0.034$) and smoking history (OR 25.2, 95% CI 1.20-529.0, $p = 0.038$) as independent predictors of relapse.
- Univariate analysis showed MES 3 was significantly more frequent in the relapse group (71% vs. 29%, $p = 0.0047$), as was smoking history (43% vs. 8.3%, $p = 0.0072$).
- The authors conclude that severity of endoscopic findings at biologics introduction is an important predictor of recurrence and should inform treatment planning even after mucosal healing is achieved.

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