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Summary

THE ROLE OF VITAMIN D STATUS ON EFFECTIVENESS OF BIOLOGIC THERAPY IN PATIENTS WITH INFLAMMATORY BOWEL DISEASE

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A retrospective cohort study of 162 IBD patients found that maintaining sufficient vitamin D levels over time, rather than baseline vitamin D status, was associated with improved response to infliximab and ustekinumab treatment.

KEY POINTS

- Higher vitamin D levels over time were associated with positive treatment response for patients on infliximab and ustekinumab ($p<0.05$), representing the first demonstration of this association for ustekinumab.
- At baseline, 50.6% of patients were vitamin D deficient (≤30ng/mL) and 40.7% used vitamin D supplementation; baseline vitamin D status showed no conclusive relations with drug or anti-drug antibody levels.
- Overall, 72.8% of patients responded to biologic treatment over one year; response was associated with biologic naivety ($p=0.040$), disease location in Crohn's disease ($p=0.011$), and lower inflammatory markers.
- The authors conclude that regular vitamin D monitoring and long-term substitution in patients with low levels is indicated, as permanently sufficient levels rather than initial status were decisive for improved response.

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