

RISK FACTORS OF MICROSCOPIC COLITIS: A SYSTEMATIC REVIEW AND META-ANALYSIS

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UEG Week Copenhagen 2023

Poster

IBD

October 15, 2023

This systematic review and meta-analysis of 43 studies found that current smoking and NSAID use are associated with increased odds of microscopic colitis, while proton pump inhibitors, SSRIs, alcohol, and education level showed no significant associations.

KEY POINTS

- Current smoking was associated with 1.64-fold odds of microscopic colitis (95% CI: 1.06–2.52) compared to controls, while past smoking showed a non-significant 1.28-fold odds (95% CI: 0.91–1.81).
- NSAID use was associated with a twofold increased chance of microscopic colitis diagnosis (OR = 2.07, 95% CI: 1.31–3.27).
- Proton pump inhibitor use (OR = 1.59, 95% CI: 0.65–3.90) and selective serotonin reuptake inhibitor use (OR = 2.10, 95% CI: 0.73–5.98) showed no statistically significant association with microscopic colitis.
- Most included articles were deemed moderate or high risk of bias due to low patient numbers and lack of confounding factor assessment.
- The review included studies from three databases through December 2021 and used the QUIPS tool for bias assessment; the authors call for further prospective studies with longer follow-ups.

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