

A RETROSPECTIVE ANALYSIS OF FAT COMPOSITION IN A COHORT OF PATIENTS WITH INFLAMMATORY BOWEL DISEASE

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Poster

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A retrospective CT study of 201 IBD patients found visceral obesity in 32% of patients, with ulcerative colitis patients showing higher visceral-to-subcutaneous fat ratios than Crohn's disease patients, and thiopurine monotherapy associated with lower visceral fat.

KEY POINTS

- Patients with ulcerative colitis had 5.2% higher VAT:SAT ratio compared to Crohn's disease patients ($p=0.036$).
- Thiopurine monotherapy was associated with 5.6% lower VAT:SAT compared to patients not on thiopurines ($p=0.038$), while combination therapy (thiopurine plus biologic) showed 9.02% higher VAT:SAT than thiopurine alone ($p=0.058$).
- No significant difference in fat composition or waist circumference was found between IBD patients and age-gender matched controls.
- Waist circumference showed strong correlation with visceral adipose tissue ($r=0.809$), and age was significantly associated with multiple surgeries ($p=0.001$).
- The study analyzed CT scans at the L3 level in 122 Crohn's disease and 79 ulcerative colitis patients, with visceral obesity defined as VAT:SAT ratio of 40%.

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