

MALNUTRITION AND BONE COMPLICATIONS IN PATIENTS WITH CHRONIC PANCREATITIS

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Poster

Pancreas

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A study of 45 chronic pancreatitis patients found that disease progression, pancreatic exocrine insufficiency, and severe morphological changes were associated with vitamin D and K deficiencies and decreased bone density.

KEY POINTS

- Bone density was significantly decreased in patients with vitamin D deficiency or severe insufficiency, pancreatic exocrine insufficiency, and severe morphological changes (Cambridge grade IV)
- Among 45 patients studied, 10 had vitamin D deficiency and 22 had insufficiency, with mean vitamin D level of 37.85 nmol/L; 11 patients had low vitamin K levels
- Patients with severe morphological changes had significantly lower vitamin D and K1 levels, and disease progression by M-ANNHEIM classification was associated with lower vitamin D and K levels
- Osteopenia was observed in 10 patients and osteoporosis in 6 patients; 17 patients had pancreatic exocrine insufficiency defined as fecal elastase-1 below 200 µg/g
- The authors conclude that proper follow-up and monitoring of chronic pancreatitis complications might reduce associated morbidity and mortality and improve quality of life

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