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Summary

Autoimmune pancreatitis and inflammatory bowel disease

Miroslav Vujasinovic

Podcast Episode

IBD

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This retrospective two-centre study of 35 patients with autoimmune pancreatitis type 2 found that 83% had inflammatory bowel disease and all achieved clinical remission with glucocorticoid-based treatment.

KEY POINTS

- The study included 35 patients from Stockholm and Milan; no difference in outcome was observed between patients with and without inflammatory bowel disease, though most patients with IBD were on biological therapies.
- All patients achieved clinical remission and 93% achieved radiological remission; the speakers suggest biological treatments used for IBD may contribute to remission but could also lead to underdiagnosis of pancreatic involvement.
- Approximately half of patients presented with acute pancreatitis; the speakers emphasize considering autoimmune pancreatitis type 2 when IBD patients have unexplained acute pancreatitis or incidental pancreatic findings on imaging.
- Almost half of patients will develop pancreatic exocrine insufficiency or diabetes mellitus over time regardless of treatment; yearly follow-up with MRI, laboratory tests including nutritional markers, and pancreatic enzyme replacement therapy when indicated is recommended.
- Clinicians managing IBD patients and those investigating unexplained pancreatitis will find this discussion relevant for recognizing and managing this rare condition.

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