

VITAMIN DEFICIENCIES IN CROHN'S DISEASE

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A retrospective study of 1045 Crohn's disease patients found vitamin deficiencies in 19% at diagnosis, most commonly vitamin D (76.7%) and iron (74.4%), with ileocolic disease location predominating.

KEY POINTS

- Among 199 patients with deficiencies, vitamin D deficiency was present in 76.7% and iron deficiency in 74.4%, followed by vitamin B9 (14.6%), vitamin B12 (6%), and vitamin B1 (1%).
- Ileocolic disease location was most commonly associated with vitamin D, iron, and B9 deficiencies, while colonic location predominated in vitamin B12 deficiency.
- One patient with vitamin B1 deficiency developed Wernicke-Korsakoff syndrome and recovered after vitamin correction.
- The authors conclude that systematic screening for vitamin deficiencies during follow-up is needed, along with appropriate management including dietary advice.
- This material is relevant for gastroenterologists managing Crohn's disease patients and highlights the frequency of micronutrient deficiencies at diagnosis.

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