

PREVALENCE OF GASTROINTESTINAL SYMPTOMS, QUALITY OF LIFE, VISCERAL HYPERSENSITIVITY IN PATIENTS WITH INFLAMMATORY BOWEL DISEASE IN DEEP REMISSION

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A study of 69 IBD patients in deep remission found that approximately one-third experienced persisting gastrointestinal symptoms affecting quality of life, with similar symptom profiles in Crohn's disease and ulcerative colitis patients.

KEY POINTS

- Patients with CD and UC in deep remission for at least 6 months displayed similar gastrointestinal symptoms, quality of life, visceral hypersensitivity, and anxiety and depression scores, with the exception that CD patients experienced more severe loss of appetite than UC patients ($p=0.03$)
- Despite being in clinical, biochemical, and endoscopic remission, almost one-third of patients had persisting symptoms affecting their quality of life
- 36% of patients scored abnormal on anxiety scales and 24% scored abnormal on depression scales, although overall the group scored normally on HADS with a mean anxiety scale of 6.25 +/- 3.5 and depression scale of 4.47 +/- 3.31
- The study suggests that a holistic approach targeting both inflammatory and neuro-sensitivity pathways is important in IBD management to avoid unnecessary treatment escalation

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