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Summary

IS THERE A ROLE FOR SODIUM BUTYRATE IN THE TREATMENT OF PEDIATRIC INFLAMMATORY BOWEL DISEASES?

Otilia Marginean

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IBD

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A randomised placebo-controlled trial in 88 children and adolescents with newly diagnosed IBD found that 12-week sodium butyrate supplementation as adjunct to conventional treatment significantly improved remission rates and reduced inflammatory markers compared to placebo.

KEY POINTS

- 82% of patients receiving sodium butyrate (36/44) achieved remission at 12 weeks compared to 48% receiving placebo (11/44), with significant difference in disease activity between groups (p = 0.001)
- C-reactive protein levels at 12 weeks were significantly lower in the sodium butyrate group (18.14 ± 11.19 mg/L) compared to placebo (57.00 ± 33.28 mg/L; P < 0.001)
- Fecal calprotectin decreased significantly more in the sodium butyrate group after 12 weeks (P < 0.001)
- No adverse effects were recorded in any patients during the trial
- This unicentric prospective study enrolled children aged 7–18 years with ulcerative colitis or Crohn's disease who were receiving conventional medication based on disease severity

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