IMPACT OF ENDOMETRIOSIS ON THE EVOLUTION OF INFLAMMATORY BOWEL DISEASES: A MULTICENTER RETROSPECTIVE STUDY

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A retrospective cohort study of 207 patients with both endometriosis and IBD found that endometriosis does not worsen IBD outcomes and is associated with less severe Crohn's disease progression and reduced use of immunosuppressants and biologics.

KEY POINTS

- Patients with Crohn's disease and endometriosis had more favorable disease evolution compared to those with Crohn's disease alone, with lower rates of luminal surgery (32.2% vs 43.9%) and significantly less use of immunosuppressive treatments and biologics including anti-TNF and non-anti-TNF agents.
- In the 72 Crohn's disease patients who underwent surgery for endometriosis during follow-up, less severe disease progression was also observed.
- For ulcerative colitis patients, those with endometriosis showed more rectal involvement (29.3% vs 12.6%) and also used significantly fewer immunosuppressants and biologics, though disease course trends were less clear.
- The study included 207 patients with both conditions matched to 409 IBD-only controls across 18 centers, with a median IBD follow-up of 10 years.
- Findings suggest multidisciplinary follow-up is needed for patients with both conditions to optimize symptom control and quality of life.

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