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Summary

DISEASE COURSE OF ULCERATIVE COLITIS DURING THE FIRST TEN YEARS FOLLOWING DIAGNOSIS IN A PROSPECTIVE EUROPEAN POPULATION-BASED INCEPTION COHORT – THE EPI-IBD COHORT

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IBD

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A 10-year prospective European cohort study of 816 ulcerative colitis patients found only 6% underwent colectomy, with early biologic or immunomodulator use and disease progression to extensive colitis associated with higher surgical risk.

KEY POINTS

- Multivariate analysis showed no difference in colectomy risk between Eastern and Western Europe (HR: 1.05, 95%CI: 0.48-2.29), and medical therapy use was comparable across regions.
- Early intervention with biologics within 6 months was associated with higher colectomy risk (HR: 3.06, 95% CI: 1.23-7.58), as was early immunomodulator introduction (HR: 2.35, 95%CI: 1.16-4.76).
- During follow-up, 16% of patients with limited disease progressed to extensive colitis at a median of 21 months, which was significantly associated with higher surgical risk (HR: 5.30, 95% CI: 2.36-11.90).
- Overall, 23% of patients were hospitalized at least once for UC, and cancer was diagnosed in 3% of patients including 4 colorectal cancers.
- This population-based study may inform clinicians managing ulcerative colitis regarding long-term disease course and factors associated with surgical outcomes.

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