

NUTRITIONAL DEFICIENCIES IN CHRONIC PANCREATITIS PATIENTS ARE HIGHLY PREVALENT AND ASSOCIATED WITH ALCOHOL USE AND SYMPTOMS OF EXOCRINE INSUFFICIENCY DESPITE PANCREATIC ENZYME REPLACEMENT THERAPY

Robert C. Verdonk

UEG Week Berlin 2025

Poster

Pancreas

October 6, 2025

In a 35-month study of 409 patients with chronic pancreatitis from the COMBO trial, nutritional deficiencies were present in 47.7% of patients, with most deficiencies resolving without single nutrient supplementation, and severity of pancreatic exocrine insufficiency symptoms and daily alcohol consumption identified as independent predictors of multiple deficiencies.

KEY POINTS

- Vitamin D deficiency was most prevalent at 38.4%, followed by vitamin K at 59.1% among those tested, iron at 32.1%, and magnesium at 18.2%, while 19.8% of patients had multiple deficiencies
- Most nutritional deficiencies resolved without single nutrient supplementation, including 100% of magnesium, 80.0% of zinc, 75.0% of vitamin D, 71.4% of vitamin A, and 63.6% of iron deficiencies
- Deficiencies in vitamin K and vitamin D were not associated with osteopenia or osteoporosis despite being critical to bone metabolism, and no abnormal coagulation was observed in 20 patients with vitamin K deficiency who had INR measurements
- Independent predictors for multiple nutritional deficiencies were more severe pancreatic exocrine insufficiency symptoms (OR 1.86) and daily alcohol consumption (OR 2.80)
- The authors conclude that nutritional deficiencies should be considered a marker of malnutrition requiring treatment focused on addressing underlying causes rather than isolated single nutrient supplementation

VIEW THIS CONTENT ON GUTFLIX

<https://gutflix.eu/search/d/6d868a72-a815-11f0-80dc-0242ac140006>



AI-generated summary

This summary was generated by an AI large language model based on the content transcript. It is for informational purposes only and should not be considered a substitute for clinical judgment. Always rely on your professional expertise and the full clinical context when making clinical decisions.