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Summary

HISTOLOGIC REMISSION PREDICTS ENDOSCOPIC REMISSION IN PATIENTS WITH ULCERATIVE COLITIS

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UEG Week Copenhagen 2023 Poster

IBD

October 16, 2023

In ulcerative colitis patients with Mayo endoscopic subscore 0 or 1, those achieving histologic remission are more likely to maintain endoscopic remission than those with persistent histologic activity.

KEY POINTS

- A retrospective study of 492 ulcerative colitis patients at Samsung Medical Center (2018-2020) evaluated whether histologic activity predicts maintenance of endoscopic remission in patients with Mayo endoscopic subscore 0 or 1.
- Histologic remission was defined as Geboes score less than 3.1, and endoscopic remission as Mayo endoscopic subscore of 0.
- At median follow-up of 27.3 months, patients with histologic activity at index colonoscopy had significantly higher risk of endoscopic relapse than those with histologic remission (hazard ratio 1.63, P less than 0.001).
- In subgroup analysis limited to patients without clinical relapse, histologic activity remained predictive of endoscopic relapse (hazard ratio 1.53, P equals 0.030).
- This study addresses a gap in the literature, as prior work showed histologic activity predicts clinical relapse but no studies had examined prediction of endoscopic remission maintenance.

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