

PREDICTORS OF ENDOSCOPIC AND HISTOLOGIC RESPONSE AFTER FIRST-LINE BIOLOGIC THERAPY IN ULCERATIVE COLITIS

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Poster

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A retrospective study of 72 ulcerative colitis patients receiving first-line biologics found that lower disease activity at baseline, measured by Mayo score, predicted both endoscopic and histological response to treatment.

KEY POINTS

- In multivariate analysis, baseline Mayo score (odds ratio 0.796, $p=0.046$), ESR (odds ratio 1.051, $p=0.007$), and albumin (odds ratio 3.319, $p=0.049$) were significant predictors of treatment response.
- Patients who achieved histological response had significantly lower baseline Mayo scores (6.0 versus 7.2) and higher albumin levels (4.06 versus 3.88) compared to the overall cohort.
- The study included 72 patients treated with infliximab (46.7%), adalimumab (22.7%), or vedolizumab (21.3%) as first-line biologics, with no difference in histological response rates between agents.
- The authors suggest that early escalation to biologics before disease worsens may improve prognosis, based on the finding that lower baseline disease activity predicted better histological and endoscopic outcomes.
- This retrospective analysis may inform clinicians caring for ulcerative colitis patients considering first-line biologic therapy.

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