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Summary

APPLICATION AND VALIDATION OF MILAN ULTRASOUND CRITERIA IN A LARGE COHORT OF 181 PATIENTS WITH ULCERATIVE COLITIS: A MULTICENTER REAL WORLD ITALIAN STUDY

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In a multicentre prospective validation study of 181 ulcerative colitis patients, the Milan Ultrasound Criteria (MUC > 6.2) demonstrated excellent discriminative performance for endoscopic activity with an AUC of 0.911.

KEY POINTS

- The MUC formula (1.4 × bowel wall thickness in mm + 2 × Colour Doppler signal) with the predefined threshold of > 6.2 achieved 87.9% sensitivity and 83.8% specificity for detecting endoscopic activity (Mayo endoscopic subscore > 1) in 251 paired assessments.
- This large Italian multicentre cohort (181 patients, 7 centres) validates the MUC as a non-invasive monitoring tool, overcoming limitations of previous small single-centre validation studies.
- The study supports incorporating MUC into routine point-of-care ultrasound assessments and future clinical trials in ulcerative colitis.
- Transabdominal ultrasound assessment of the rectum remains a limitation, with proctitis frequently excluded; the investigators are developing a modified MUC incorporating transperineal ultrasound for rectal assessment.

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