

COMPARATIVE OUTCOMES OF ULCERATIVE COLITIS PATIENTS WITH MES 1 AND HISTOLOGIC ACTIVITY VERSUS MES 2

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A retrospective cohort study of 159 ulcerative colitis patients found that those with Mayo Endoscopic Score 1 and histological activity had similar adverse long-term outcomes to those with Mayo Endoscopic Score 2 after 12 months of advanced therapy.

KEY POINTS

- At 12 months of advanced therapy, 90 patients had MES 1 and 69 had MES 2, with histological activity present in 40.0% and 87.9% respectively.
- No significant difference was observed in the composite endpoint of medical therapy escalation, hospitalization, and surgery between MES 1 patients with histological activity and MES 2 patients (33% vs 73%, $p > 0.05$).
- Rates of hospitalization, medical therapy escalation, change in advanced therapy, and treatment optimization did not differ significantly between MES 1 patients with histological activity and MES 2 patients.
- The authors conclude their findings support consideration of treatment intensification in patients with MES 1 who exhibit histologic inflammation and reinforce the prognostic value of histologic assessment beyond endoscopic findings.
- This material is most relevant to gastroenterologists managing ulcerative colitis patients on advanced therapies who are considering the role of histological assessment in treatment decisions.

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