

## A long-term view on chronic pancreatitis

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Presentation

Education & Training

Mechanisms & Personalised Medicine

Pancreas

Primary Care

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**This presentation reviewed the nutritional and metabolic complications of chronic pancreatitis, emphasizing that patients commonly experience osteoporosis, sarcopenia, type 3 diabetes, and micronutrient deficiencies requiring multidisciplinary patient-centered management.**

### KEY POINTS

- The speaker reported that approximately 20% of chronic pancreatitis patients have osteoporosis and about two-thirds have osteopathy, with fracture risk similar to or higher than other digestive diseases such as Crohn's disease or cirrhosis.
- The speaker stated that sarcopenia prevalence in chronic pancreatitis could be as high as 62% and exists across all BMI categories including obese patients, and is associated with reduced quality of life, increased hospitalization, and reduced survival.
- Type 3 diabetes in chronic pancreatitis is difficult to manage because patients swing between hypo- and hyperglycemia due to insulin deficiency, impaired incretin response, hepatic insulin resistance, and reduced glucagon secretion, requiring care from specialized endocrinologists.
- The speaker's systematic review found that only four studies have examined micronutrient intake and only one has looked at fat-soluble vitamin levels in chronic pancreatitis patients despite known deficiencies.
- High-risk patients for poor dietary intake were identified by the speaker as those who continue to smoke, describe significant pain, have long disease duration, alcohol-related etiology, physical inactivity, or unemployment.
- The speaker's team developed a digital patient management platform called Smart CP that allows symptom tracking, monthly check-ins, and provides education and service directories, funded by a Government of Ireland grant.

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