

LONG TERM PERSISTENCE OF USTEKINUMAB IN CROHN'S DISEASE: CLINICAL OUTCOMES AND PROGNOSTIC FACTORS

VASILIKI KITSOU

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A retrospective cohort study of 99 Crohn's disease patients at a tertiary center found 70.1% maintained ustekinumab without corticosteroids at one year, declining to 45% at four years.

KEY POINTS

- Among 99 patients (68.7% previously exposed to biologics, 35.4% with prior CD-related surgery), corticosteroid-free persistence on ustekinumab was 70.1% at one year, 59.2% at two years, and 45% at four years.
- In multivariate analysis, lower Harvey-Bradshaw Index at ustekinumab initiation was the only factor independently associated with corticosteroid-free persistence at one year (OR=0.44, P=0.008).
- Patients achieving corticosteroid-free persistence in the first year had significantly higher persistence at two and four years compared to those requiring corticosteroids (P<0.001).
- Nine percent of patients required dose intensification and one percent required reinduction; no serious infections or malignancies were observed during follow-up.
- This real-world experience may inform gastroenterologists managing moderate to severe Crohn's disease patients, particularly those with prior biologic exposure.

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