

MANAGING APPENDICITIS WITHOUT SURGERY: POTENTIAL TO REDUCE THE RISK OF INFLAMMATORY BOWEL DISEASE

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A Finnish cohort study of 8,969 appendectomy patients found significantly increased risks of Crohn's disease and Microscopic Colitis after appendectomy, but no protective effect against Ulcerative Colitis.

KEY POINTS

- The study included 8,969 patients who underwent appendectomy and 20,582 age- and sex-matched controls from the Hospital district of Helsinki and Uusimaa, Finland, 2005-2020.
- Appendectomy was associated with a significantly increased risk of Crohn's disease (IRR 7.04, 95% CI 1.56-53.16) and Microscopic Colitis (IRR 3.15, 95% CI 1.16-8.97).
- No significant inverse correlation was found between appendectomy and Ulcerative Colitis (IRR 0.88, 95% CI 0.31-2.15), contrary to previous studies.
- The increased Crohn's disease risk remained significant when appendectomy was performed for appendicitis and mesenteric lymphadenitis, but not for other indications.
- The authors suggest that these findings may be relevant to clinicians considering appendectomy for suspected acute appendicitis.

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