

Profile of Inflammatory Bowel Disease from a Tertiary Care Center in North East India

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Inflammatory Bowel Disease was believed to be unknown in India about 20 years ago. But several reports have been published which shows that its prevalence in India is not that uncommon as perceived.

Reports from North East India on IBD are rare. Keeping this in mind an effort was made to collect data on IBD in a tertiary care hospital in North East India.

Ulcerative Colitis

The hospital prevalence of UC patients was found to be 22.9/100,000 patients. The mean duration from the onset of symptoms to diagnosis was less than a year. Male to female ratio was 1.45:1.

Of our Ulcerative Colitis patients, 45% had extensive disease; left sided disease was seen in 37%, procto-sigmoid involvement was seen in 18% and no patients had isolated proctitis. Only arthralgia was present as an extra-intestinal manifestation in 11.11% patients. Surprisingly we did not encounter any other extra-intestinal manifestation.

On presentation moderate disease was seen in 59%, 15% had mild disease and severe disease was seen in 26%.

Majority (65%) of our patients required steroids for remission and only 35% patients responded to 5-ASA alone.

Crohns Disease

The hospital prevalence of Crohn's Disease in our study was 9.4 per 100,000 patients. The mean duration of symptoms before diagnosis was about 2 years.

The common symptoms were abdominal pain (90%), loose stools (63%) and weight loss (63%). Extra-intestinal manifestations were seen in 27% patients in the form of arthralgia.

73% patients had small intestinal disease and 27% had ileo-colonic disease. No patients had only colonic involvement.

64% of the patients required steroids for remission.

Striking difference was the pattern of gut involvement in Crohn's disease where majority of our patients had small intestinal involvement.

Table 1: Ulcerative Colitis: Extent and Severity in comparison to different centers in India

Region	Procto-Sigmoid (%)	Left Sided (%)	Pancolitis (%)	Mild disease (%)	Moderate disease (%)	Severe disease (%)
Our study	18	37	45	15	59	26
Sood et al Ludhiana	25	47	28	15	30	55
Kochar et al Chandigarh	18	41	41	14	25	61
Nigam et al Gorakpur	34	46	20	47	39	14

Table 2: Crohn's Disease: Presenting Features in comparison to different centers in India

Region	Diarrhoea (%)	Abdominal pain (%)	Weight loss (%)	Fever (%)	Mass (%)	Rectal bleed (%)	Arthralgia (%)
Our study	63	90	63	27	0	27	12
Philip et al	70	71	---	37	---	41	12
Polimoo et al Vellore	64	46	37	---	13	---	22
Tandon et al	76.4	94.1	88.2	---	---	---	---

Table 3: Crohn's Disease: Pattern of gut involvement in comparison to different centers in India

Region	Colon alone (%)	Small bowel alone (%)	Both involved (%)	Ileo-colonic (%)	Rectal Alone (%)
Our study	0	72	0	28	0
Polimoo et al Vellore	50	---	---	60-70	---
Amrapurkar & Patel	25	10	65	60	20
Philip et al Kochi	35	20	45	---	18
Tandon et al Delhi	53	---	47	---	---

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