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Inflammatory bowel diseases in Tamil Nadu: A survey of demographics, clinical profile, and practices

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- TNISG members from 32 institutions completed an online cross-sectional questionnaire on IBD patients from March 2020 to January 2021.
- Basic questions which dealt with demography, environmental risk factors, family history, clinical spectrum, and prescribing practices in IBD - filled by participating member of the IBD-TNC.
- 1295 – adult IBD patients, 138 – pediatric IBD patients

Results:

- Of 1295 adult IBD patients, 654 had Crohn's disease (CD), 499 ulcerative colitis (UC), and 42 IBD-unclassified (IBD-U).
- CD and UC showed a unimodal age distribution.
- A total of 55% were graduates or postgraduates. A positive family history was noted in 30, other risk factors were uncommon.
- In CD, the pattern of involvement was ileocolonic (42.8%), ileal (34.7%), colonic (18.9%), and upper gastrointestinal (3.5%); while in UC, disease was characterized as extensive (44.9%), left-sided (41.7%), or proctitis (13.4%).
- Perineal disease, perianal fistulae, and bowel obstruction were noted in 4.3, 14.0, and 23.5%, respectively, of CD.
- The most widely used drugs were mesalamine, azathioprine, and corticosteroids. Surgery was undertaken in 141 patients with CD and 23 patients with UC.
- Of the 138 patients with pediatric IBD (≤ 16 years), 23 were characterized as very early onset IBD (VEO-IBD), 27 as early-onset, and 88 as adolescent IBD. VEO-IBD were more likely to have a positive family history of IBD and were more likely to have perineal disease and to have the IBD-U phenotype. Among pediatric IBD patients, corticosteroids, mesalamine, and azathioprine were the most commonly used medications, while 25 pediatric patients received biologics.

Conclusion:

This study provides important information on demography, clinical profile, and treatment practices of IBD in India.

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