Profile of Fistulizing Crohn's disease in a tertiary care center

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BACKGROUND AND AIM:

Fistula is a common and severe complication of Crohn's disease (CD) that affects up to 50% of patients within 20 years of initial diagnosis. It is associated with substantial morbidity and significant impairment in health-related quality of life.

AIM:
To analyse the profile and prevalence of fistulizing Crohn's disease in a tertiary care center

METHOD:

• A retrospective study was conducted from January 2019 to February 2022 of all patients admitted with fistulizing Crohn's disease in gastroenterology department of our hospital and was analysed based on the age, year from diagnosis, associated bowel involvement, type of fistula, albumin, intervention done and number of fistula episode.

RESULTS:

• 42 patients were diagnosed to have fistulizing Crohn's disease during the study period
• Average age of diagnosis was 28 years

Gender predominance:

Male: 12%
Female: 88%

Bowel involvement:

- Isolated fistulizing crowns: 69%
- Associated small bowel involvement: 30%
- Large bowel involvement: 1%

Type of fistula:

- Anal fistula: 74%
- Rectovaginal fistula: 25%
- Internal fistula: 1%

Investigation:

Average albumin at diagnosis was 3.2. Patients with active fistula had lower albumin. CRP was elevated in all patients.

Diagnosis of fistulizing crohn's:(from onset of crohn's):

<table>
<thead>
<tr>
<th>Year of diagnosis</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>1 year</td>
<td>10</td>
</tr>
<tr>
<td>5 years</td>
<td>42</td>
</tr>
<tr>
<td>10 years</td>
<td>48</td>
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Number of fistulizing episodes:

<table>
<thead>
<tr>
<th>Number</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>25%</td>
</tr>
<tr>
<td>2</td>
<td>35%</td>
</tr>
<tr>
<td>3</td>
<td>17.5%</td>
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<tr>
<td>4</td>
<td>12.5%</td>
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</tbody>
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Treatment:

Surgical intervention in the form of seton placement/fistulectomy was done. Patient were also started on biologics.

CONCLUSIONS:

- Males are predominantly affected.
- Associated bowel involvement in all patients.
- Predominant type of fistula is anal fistula.
- Lower albumin is associated with increased fistula episodes.
- On average patients has 1-2 fistulizing episodes.
- From the onset of Crohn's - within 5 years of diagnosis, almost 50% had the first fistulizing episode.
- Medical therapy + immunomodulators in patients who can't afford biologics.
- Surgery offers temporary relief but replaces rates high.

REFERENCES: