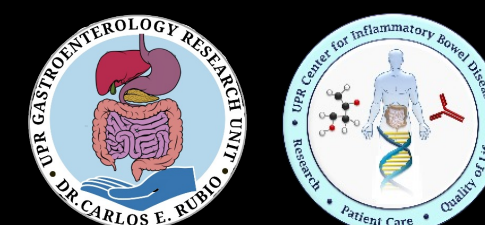# A LONGITUDINAL EVALUATION OF PATIENTS WITH INFLAMMATORY BOWEL DISEASE IN PUERTO RICO

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Background

✓ Incidence and prevalence of IBD is rising in Hispanics; however, disease characterization is scarce.

AIM

✓ To describe clinical outcomes over 3 years of follow-up in a cohort of Puerto Ricans with IBD.

Methodology

The UPR IBD Registry has collected clinical data on patients since 1995.

- A longitudinal survey tool assessed demographic and medical information over time in subjects in the Registry. This study reports findings in participants with a minimum 3-year follow-up.
- Subjects were first interviewed between 2012-2018, and the longitudinal component throughout 2020-2022.
- Variables reported include sociodemographic, body mass index (BMI), medications, hospitalizations and surgeries.
- Intellectus statistics was used for data analysis.
- The study was approved by the MSC-IRB.

Results

91 subjects were recruited, 50.6% (45/91) were male, and 72.5% (66/91) had CD. Two subjects with UC were later re-diagnosed with CD [74.7% (68/91)]. The majority were single (60%), mean age was 39 ± 16 years. Mean BMI increased from 25 ± 6 kg/m^2 to 27 ± 6 kg/m^2 [p<0.001] over 3 years. Most-reported level of education was a bachelor's degree (41%). No difference between household income ($28K-$29K annually) was noted.

Variables Analyzed

Variable	Original Questionnaire n (%) n=91	Longitudinal Questionnaire n (%) n=91	p-value
IBD Diagnosis			
Crohn's Disease	66 (72.5)	68 (74.7)	**<0.001**
Ulcerative Colitis	25 (27.5)	23 (25.3)	
BMI by Category			
Underweight	10 (11)	7 (7.7)	**<0.001**
Normal	34 (37.4)	37 (40.7)	
Overweight	17 (18.7)	23 (25.3)	
Obese	17 (18.7)	24 (26.4)	
IBD Medication			
Aminosalicylates	**66 (72.5)**	**23 (25.3)**	**0.003**
Corticosteroids	65 (71.4)	28 (30.8)	0.891
Immunomodulators	**34 (37.4)**	**22 (24.2)**	**0.041**
Antibiotics	38 (41.8)	10 (11)	0.310
Anti-TNF	**54 (59.3)**	**51 (56)**	**<0.001**
Integrin blockers	**5 (5.5)**	**16 (17.6)**	**0.003**
Interleukin antagonists	**5 (5.5)**	**23 (25.3)**	**0.013**

Note. Due to rounding errors, percentages may not equal 100%.

Clinical Outcomes

76% had hospitalizations in the baseline survey and 29% within the 3-year follow-up. 43% had surgery at recruitment, and 28% during the 3-year follow-up.

Pharmacotherapy

A decreasing trend was observed in the use of aminosalicylates, corticosteroids, immunomodulators, and antibiotics and an increase in the use of integrin blockers and IL-12/23 antagonists. 27.5% of participants reported therapeutic failure in the longitudinal survey.

Conclusion

We observed a significant increase in BMI and targeted therapies after a minimum of three years of follow-up.

The lower prevalence of surgery and hospitalizations requires comparison of similar time intervals and disease duration to validate significance. A longer follow-up period with a larger sample is needed to confirm these trends and define outcomes.

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