Long-term Risk of Mesenteric Ischemia in Patients with Inflammatory Bowel Disease: A 13-year Nationwide Cohort Study in an Asian Population

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Purpose:
It is unclear whether patients with inflammatory bowel disease (IBD) have higher risks of developing mesenteric ischemia.

Materials and Methods:
We enrolled 9363 patients who had been hospitalized because of IBD between January 1998 and December 2010, along with 37 452 control patients who were matched at a 1:4 proportion for age, sex, and index year. We accounted the cumulative incidences and hazard ratios of developing mesenteric ischemia during the 13-year study period.

Results:
Patients with IBD had a considerably higher incidence rate of subsequent mesenteric ischemia compared with the controls (22.7 vs. 3.09 per 10 000 person-years), with adjusted HR of 6.33 (95% CI, 4.75-8.43). A multivariate stratified analysis showed that the mesenteric ischemia risk after adjustment for comorbidities is significantly higher in patients of all age groups, particularly in patients younger than 44 years (AHR, 48.0; 95% CI, 11.3-203.9). Moreover, patients with IBD were at highest risk of developing mesenteric ischemia within the first year of follow-up.

Conclusion:
Careful follow-up and effective therapy is necessary to reduce the excessive risk in these patients.