

Title:

Pediatric Inflammatory Bowel Disease in North Indian children -Large experience from a single unit. Is the spectrum of disease changing?

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Objectives:

To evaluate the clinical spectrum of IBD in Indian children and to evaluate any change in the disease trend in this decade.

Methods:

Design: Retrospective study of prospective collected data. **Patients:** 73 patients (less than 18 years of age) between January 2001 and August 2015. **Methods:** Demographic profile, presenting symptoms, severity of colitis, blood parameters (CBC, ESR, Albumin), endoscopic, radiologic and histologic profile of IBD patients were assessed. Diagnosis was made on the above parameters. Severity of UC was assessed by PUCAI scoring. Data of last five years (Group B) was compared to the previous ten years (Group A) in terms with frequency and distribution of the disease. Anemia was defined as Hb<10gm/dl; High ESR->20; Hypoalbuminemia <3.5gm/dl.

Results:

Out of 73 IBD patients, 43 patients were of Ulcerative Colitis (UC) and 30 patients were of Crohn's Disease (CD). Group A and Group B had 34 and 39 patients respectively.

UC patients(N=43), M:F -22:21. Mean age- 10.2 years (range 10 months to 18 years). Twelve patients had growth failure. Diarrhea and blood in stools were the commonest symptoms seen in around 90% of patients followed by pain abdomen (55.8%), growth failure (27%) and fever (23%). Pan-colitis was seen in 26(60%); left sided colitis 7(16%); recto-sigmoid alone-6(14.5%); and left sided colitis plus transverse colon-4(9.5%).

Backwash ileitis was seen in 2 patients. Moderate to severe UC was seen in 82% of patients. Anemia was seen in 18(41%), Hypoalbuminemia in 14(32%) and raised ESR -31(72%).

CD patients(N=30), M:F was 18:12. Mean age- 11.2 years (range 18 months-15 yrs). Most common presenting symptoms were pain abdomen (88%), growth failure- 23(76%) and diarrhea (65%). Twenty patients (66%) had small plus large bowel involvement based on endoscopy, histology and radiological features while six patients had isolated small bowel involvement (on both imaging and capsule endoscopy) and 4 had isolated colonic involvement. Anemia was seen in 16(53%), Hypoalbuminemia in 18(60%) and high ESR-24(80.2%).

The ratio of UC:CD in the first decade of this century was 1.8 in contrast to 1.1 in the present decade. The clinical presentation and the pattern of gut involvement were comparable in both groups.

Conclusion: There was an increase in incidence of IBD in Indian children over the last five years as compared to earlier ten years. UC was almost twice as common as CD in the first decade, while over the last five years the incidence of CD is almost equal to UC in North Indian children. The presentation and spectrum of gut involvement in both these diseases is still the same as earlier.