

World Gastroenterological &

World Congress on

Gastroenterology and Endoscopy

October 30-31, 2017 | Toronto, Canada

IBD a new world epidemic

Nahla Azzam

King Saud University, Saudi Arabia

Inflammatory bowel disease (IBD) is an autoimmune disease entity of unknown etiology comprised of Crohn's disease (CD) and ulcerative colitis (UC). IBD mainly occurs in genetically predisposed individuals in response to unrecognized environmental triggers. In 2004, it was reported that approximately 1.4 million and 2.2 million individuals carry the disease in North America and Europe, respectively. A more recent time-trend analysis identified Europe, Asia and the middle east as areas with highest annual incidence rates of UC (24.3 per 100,000 person-years in Europe, 6.3 per 100,000 person-years in Asia and the Middle East, and 19.2 per 100,000 person-years in North America) and CD (12.7 per 100,000 person-years in Europe, 5.0 person-years in Asia and the Middle East, and 20.2 per 100,000 person-years in North America). Europe and North America harbored the highest reported prevalence values for UC (505 per 100,000 persons in Europe; and 249 per 100,000 persons in North America) and CD (322 per 100,000 persons in Europe and 319 per 100,000 persons in North America). Consequently, the disease has been labeled as an emerging healthcare problem that requires public attention in many parts of the world therefore large registries and databases have been developed worldwide which have led to better characterization of disease course and phenotype. Similar efforts were made in developing countries such as China and Japan with the help of national and international organizations mainly to intervene before the occurrence of complications, which are part of the natural history of the disease when inflammation goes unopposed. Multiple

reports have indicated that increasing numbers of IBD patients are being diagnosed in Saudi Arabia every year. A data registry, the Inflammatory Bowel Disease Information System (IBDIS), was established in Riyadh and has been used to register CD and UC patients diagnosed in Riyadh since 2009. Limited numbers of cases from other cities such as Dammam and Jeddah have been sequestered into the registry due lack of resources. To date, more than 1900 patients have been registered and it is believed that many more cases exist. The majority of UC, and CD cases was young people (17-40 years), with a male preponderance while its behavior resembled that of western societies in terms of age of onset, location and behavior. A similar pediatric IBD database has been founded in Riyadh that recorded so far more than 300 cases with an estimated mean incidence rate of 0.2, 0.27, and 0.47 per 100,000 individuals for UC, CD, and IBD, respectively. Middle East countries as well as East Asia are experiencing a more than doubled increase in IBD prevalence over the past decade. Evaluation of the differences and rates in epidemiologic trends may help researchers and clinicians estimate disease burden and understand the reasons behind these differences, which may hold the key to unravel the etiology of IBD.

Speaker Biography

She is an Associate Professor and Consultant of Gastroenterology & hepatology at King Saud University. She is also a Board member of Saudi Gastroenterology Association.

e: namazzam@gmail.com

 Notes: