



CHRONOGRAPHY OF INFLAMMATORY BOWEL DISEASE

Year 1994: Corticosteroid resistance and dependence among patients with Crohn's disease[☆]



Año 1994: resistencia y dependencia de los esteroides en pacientes con Crohn

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After the efficacy of systemic corticosteroids in the management of patients with ulcerative colitis was demonstrated in the 1950s (see infographic page 367), their use became widespread for treating patients with IBD. It is quite likely that corticosteroids have the honour of being the treatment that have saved the most lives in patients with IBD, but also that have affected more lives negatively due to improper use for long periods of time. In the paper we discuss now, the group coordinated by Dr Pia Munkholm of Copenhagen University Hospital describes response and clinical evolution in just over 100 patients with Crohn's disease (30 days after starting treatment and 30 days after stopping treatment) after the first cycle of systemic corticosteroids

that the patients receive. The results shed light on groups of patients with potential greater difficulty in clinical management, either due to their lack of primary response to corticosteroids (20%) or relapse after discontinuation (36%), defined as steroid-dependent. In summary, just 44% of patients with Crohn's disease respond to conventional corticosteroids and maintain the response, but the rest either do not reach remission or relapse upon withdrawal of steroid treatment. We thus have two groups of patients (steroid-refractive and steroid-dependent) that are highly complex, for whom we must seek alternative treatments to achieve steroid-free remission, something that is an undeniable clinical objective today.

[☆] Please cite this article as: Marín-Jiménez I, Gomollón F. Año 1994: resistencia y dependencia de los esteroides en pacientes con Crohn. Gastroenterol Hepatol. 2020;43:377–378.

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Frequency of glucocorticoid resistance and dependency in Crohn's disease

Munkholm P, Langholz E, Davidsen M, Binder V. Gut. 1994;35(3):360-2

1994: Corticosteroid resistance and dependence among patients with Crohn's disease

Treatment with corticosteroids is effective and accepted as preferable in active and acute Crohn's disease, but not all patients benefit from said treatment



What is the frequency of steroid resistance and dependence?

Patients



Patients diagnosed with Crohn's disease between 1979-1987



196



Patients who received prednisolone



109



Treatment

Start (a few weeks)



1 mg/kg/day

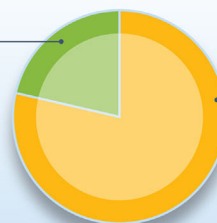


Maintenance (3-5 months)
Progressive decrease until withdrawal



Follow-up (100%)

13%
More than 1 year



3-4
years

87%
Less than 1 year

	Within 30 days of treatment	30 days after finishing the treatment
Primary responders	Full remission 48%	Prolonged response 55%
	Partial remission 32%	Dependence 45%*
No response	20%	
		Continued improvement 57%
		Relapse or non withdrawal 43%**

* 26% ended up with a surgical intervention.

** 59% ended up with a surgical intervention.



Results



44%

prolonged response



36%

dependence



20%

resistance



No correlation to location of disease, age, sex or clinical symptoms