

# IBD Has No Age: Preliminary results of an international survey among older patients with Inflammatory Bowel Disease (IBD)

Anne Fons<sup>1</sup>, Paolo Girardi<sup>2</sup>, Claudia Savini<sup>3</sup>, Jeroen Maljaars<sup>1</sup>, Isabella Haaf<sup>4</sup>, Luisa Avedano<sup>4\*</sup>, Vera Asscher<sup>1\*</sup>

<sup>1</sup> Department of Gastroenterology and Hepatology, Leiden University Medical Center, Leiden, the Netherlands; <sup>2</sup> Department of Environmental Science, Informatics and Statistics, University Ca' Foscari of Venice, Venice, Italy; <sup>3</sup> Claudia Savini, Patients in Science, Medical writing and consulting, Valencia, Spain; <sup>4</sup> European Federation of Crohn's and Ulcerative Colitis Associations (EFCCA) \* shared senior authorship

## BACKGROUND:

- Older patients with Inflammatory Bowel Disease (IBD) form a growing, but underrepresented population
- Future research can benefit from a better understanding of the characteristics of this population

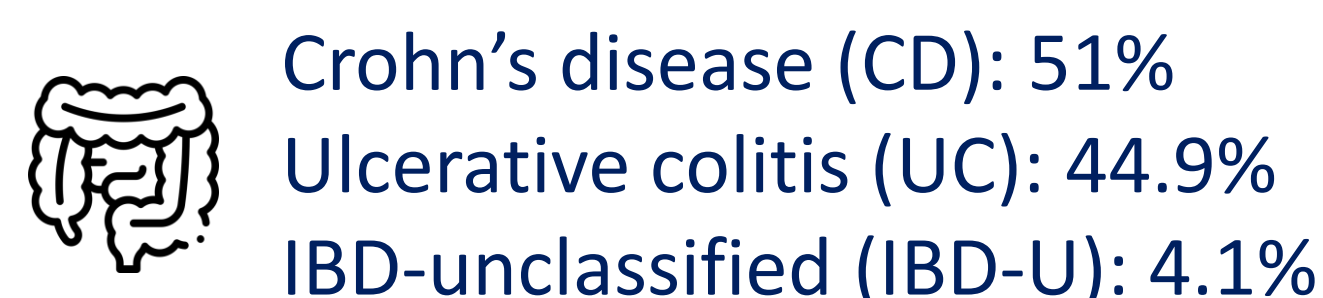
## AIMS:

- To evaluate the characteristics of the global, older IBD population (≥ 60 years) including self-reported frailty, comorbidity and therapy goals through a survey.

## METHODS:

- An international, anonymous, web-based survey
- Initiated and designed by the EFCCA
- Patients aged ≥ 60 years with a diagnosis of IBD were invited to participate
- Available in 21 languages, in 46 countries
- 12 therapy goals, patients selected 3 most important
- From 19<sup>th</sup> of May 2023 until 30<sup>th</sup> of November 2023

## RESULTS:



Top 3	n of respondents (%)
The Netherlands	847 (42.4%)
Norway	162 (8.1%)
Italy	151 (7.6%)

### Top-3 reported therapy goals

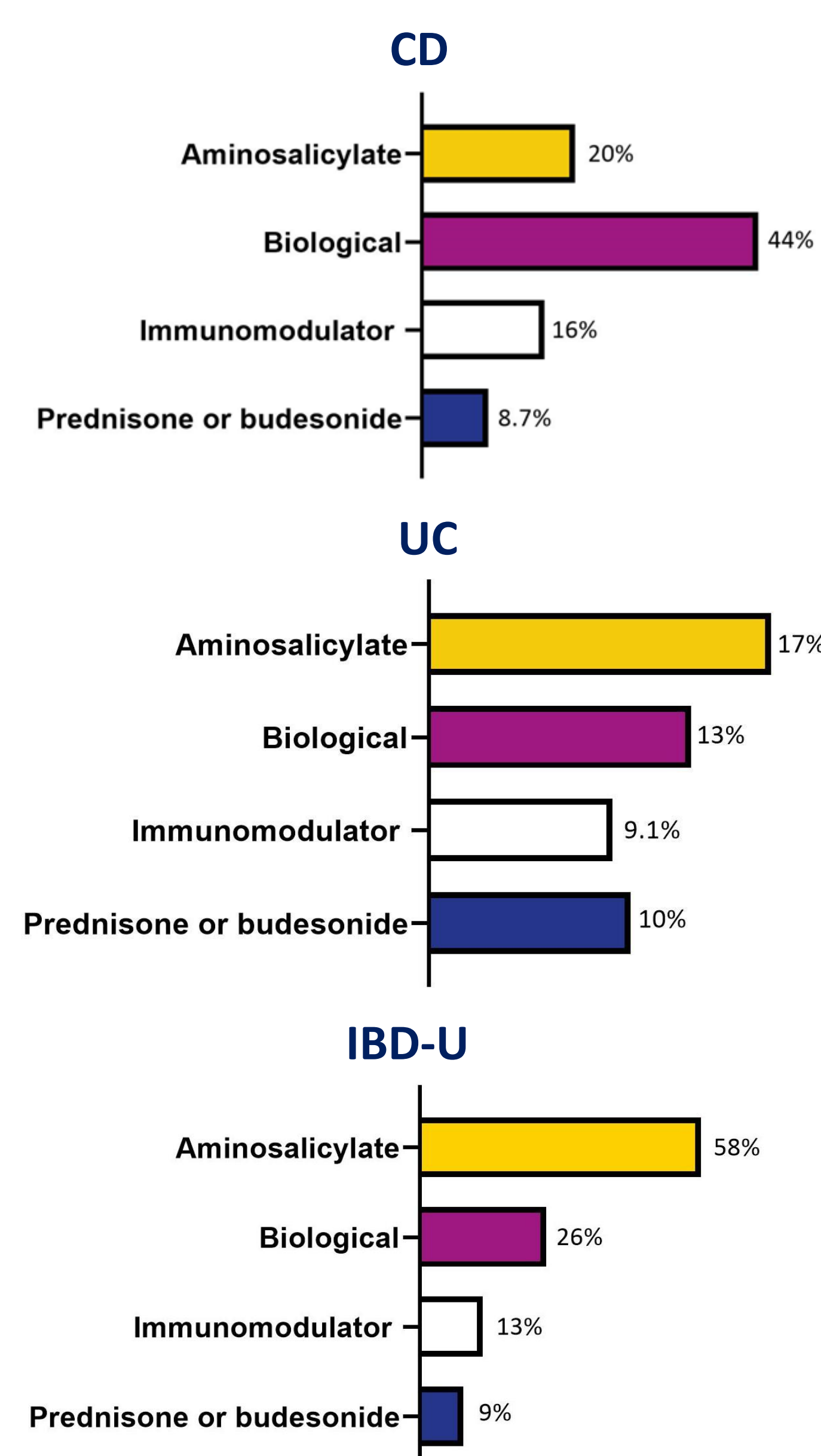
1. Not feeling fatigued (56%)
2. Preserve/restore my good mood (43%)
3. Decrease diarrhea/incontinence (32%)

**Table 1. Main characteristics of the respondents, overall and stratified by type of Inflammatory Bowel Disease.**

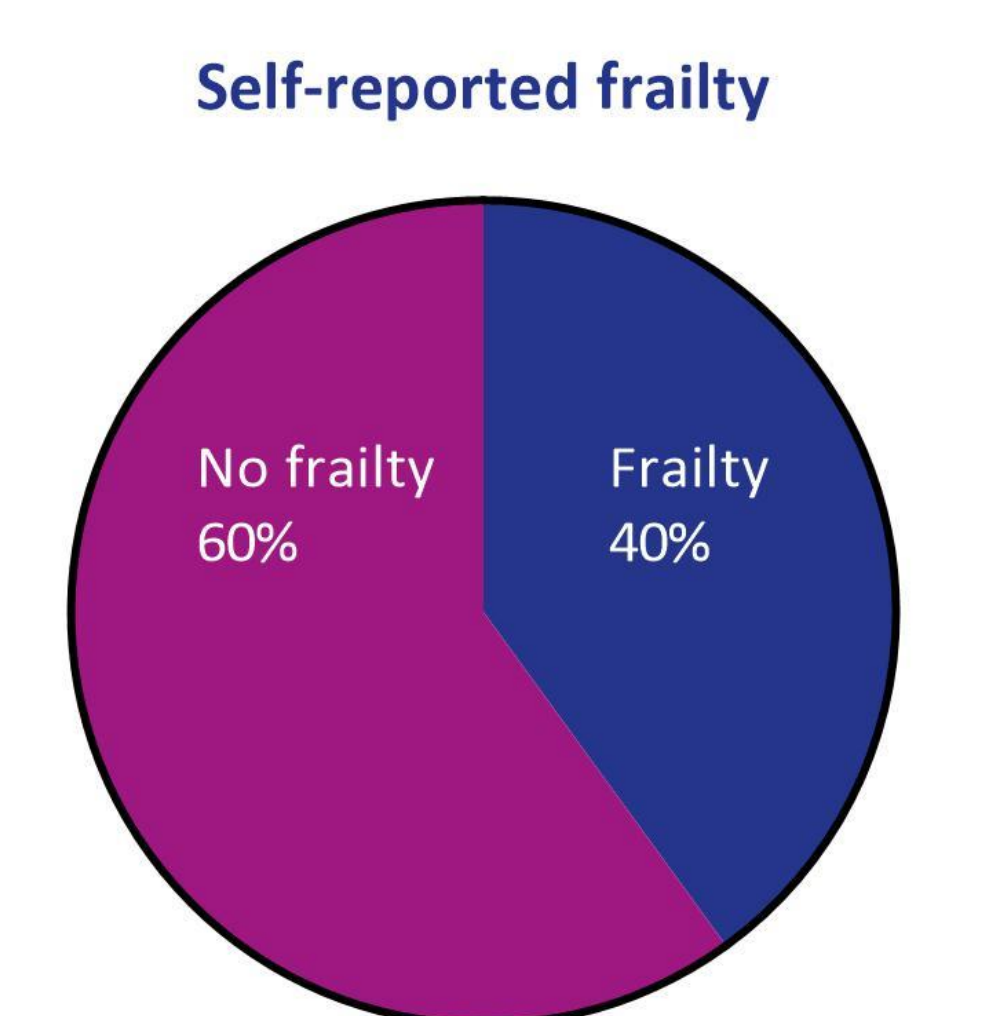
Characteristic	All N = 1997	CD N = 1019	UC N = 896	IBD-U N = 82
Median age, years (IQR)	66.0 (63-71)	66.0 (62-70)	66.5 (63-71)	67.0 (63-72)
Sex (female)	1227 (61%)	649 (64%)	513 (57%)	65 (79%)
Educational level, high*	905 (45%)	459 (45%)	448 (50%)	43 (52%)
Median IBD duration, years (IQR)	23 (10-36)	28 (14-40)	19 (8-32)	10 (3-21)
Self-reported clinical disease activity [HBI > 4, 6-point Mayo score ≥ 1.5]	583 (33%)	283 (31%)	256 (32%)	44 (57%)

Abbreviations: CD, Crohn's disease; Harvey-Bradshaw Index, HBI; IBD, inflammatory bowel disease; IBD-U, IBD-unclassified; IQR, interquartile range; UC, ulcerative colitis.  
\*Higher vocational education or University

### Reported IBD medication

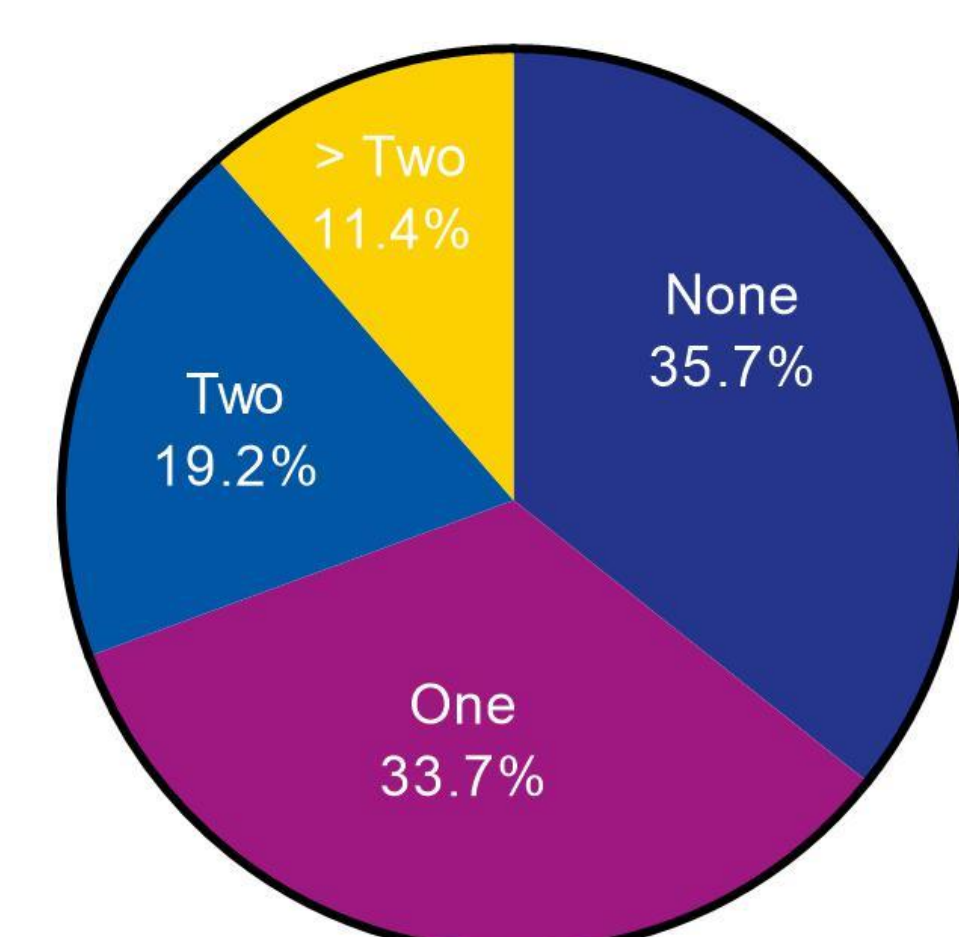


### Frailty and comorbidity



Self-reported frailty by Geriatric-8 (G8) score ≤ 14

### Number of reported comorbidities



## CONCLUSIONS:

Preliminary results from the "IBD Has No Age" survey suggest that it will contribute a wealth of knowledge to the IBD landscape, providing insight in a range of IBD characteristics, frailty, comorbidity and therapy goals in an older population with IBD.