

Characteristics of Ulcerative Colitis According to the Age of Onset

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Background/Aims: Ulcerative colitis (UC) exhibits a bimodality in age-specific incidence rates, with a first peak in the young age and a second peak in the old age. We attempted to determine whether UC actually behaves differently in the elderly compared with the young. **Methods:** Patients with UC were divided into two groups (early vs. late onset) by the onset age of 40. **Results:** Incidence rate reached a peak in the fourth decade in female patients, whereas it showed a bimodal age distribution with a first peak in the third decade and a second peak in fifth decade in male patients. Symptom duration before diagnosis was longer in the patients with late-onset UC than in the patients with early-onset UC (p value<0.05). There were no significant differences in the extent of lesion, the positive rate of serum anti-neutrophil cytoplasmic antibody, the disease activity, the frequency of admission, the use of steroid, and concern about the disease between the patients with early and late-onset UC. **Conclusions:** Age and sex distribution in this study were similar to those in other countries, and a bimodal age distribution was noted in males. The late-onset patients had longer duration from the onset of symptoms to diagnosis than the early-onset patients. However, there was no significant difference in clinical characteristics between the patients with early-onset UC and the patients with late-onset UC. (Korean J Gastroenterol 2001;37:196-202)

Key Words: Ulcerative colitis, Age of onset

(bimodality)

1,3,4,9,10

가 가 가

1.

: 2001 1 18 , : 2001 2 5
: , 120-752, 134 1990 1 2000 8

Tel: (02) 361-5410, FAX: (02) 393-6884

* 51

203

2.

41 40 123 80

St. Mark (SMI) 가 . SMI 가 (Table

1).¹¹

(proctitis), (left colitis), (extensive colitis)

가 가 가 / 가

inflammatory bowel disease questionnaire (IBDQ) 32

.¹² Guyatt ¹³

IBDQ 2 32 1 , 가 7 (bowel symptoms, 10), (systemic symptoms, 5), (emotional functioning, 12), (social functioning, 5) . Rating form of IBD patient concern (RFIPC) 25

.¹² RFIPC

(impact of disease), (sexual intimacy), (complication), (body stigma)

, 100 0 100 .¹⁴

1. 92 (45.3%), 111 (55.7%) 35.9 ± 14.1

(Table 2),

30 가 , 20 40

(Fig. 1). 40 50 ,

73 , 41 42 , 38

40 가 (Table 3).

Table 1. St. Mark Index (SMI) in Ulcerative Colitis

Indicant	Score	Guide to scoring
Well being	0	No impairment
	1	Impaired, but also to continue activities
	2	Activities reduced
	3	Unable to work
Bowel frequency	0	<3 per 24 hours
	1	3-6 per 24 hours
	2	>6 per 24 hours
Stool consistency	0	Normal
	1	Semi-formed
	2	Liquid
Sigmoidoscopic grade	0	No hemorrhage
	1	Trace
	2	More than a trace

Table 2. Age and Sex Distribution in Patients with Ulcerative Colitis

Age at onset (yr)	Male (n=92)	Female (n=111)	Total (n=203)
Range	12-75	12-79	12-79
Mean	37.5 ± 14.9	37.1 ± 13.5	35.9 ± 14.1
Median	35	35	35

Table 3. Grouping in Patients with Ulcerative Colitis According to the Age of Onset

	Male (n=92)	Female (n=111)	Total (n=203)
Early onset	50	73	123
Late onset	42	38	80

Table 4. Symptom Duration before Diagnosis and Follow-up Period after Diagnosis

	Early onset (n=123)	Late onset (n=80)	Total (n=203)	p value
Symptom duration (mo)				0.015
Range	0-116	0-444	0-444	
Mean	15.5 ± 23.2	32.9 ± 7.01	21.8 ± 46.6	
Median	4.0	7.0	5.0	
Follow up period (mo)				NS
Range	0-228	6-231	0-228	
Mean	37.8 ± 36.8	31.7 ± 32.9	35.6 ± 35.5	
Median	27.5	16.0	24.5	

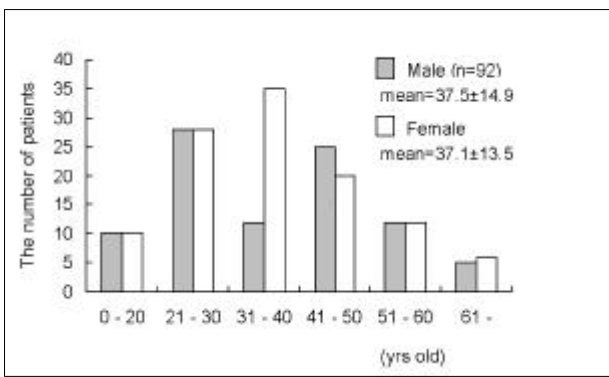


Fig. 1. Age and sex distribution. Overall patterns of age distribution were different between men and women. Single peak in the thirties was observed in female, whereas in men a bimodal pattern was identified.

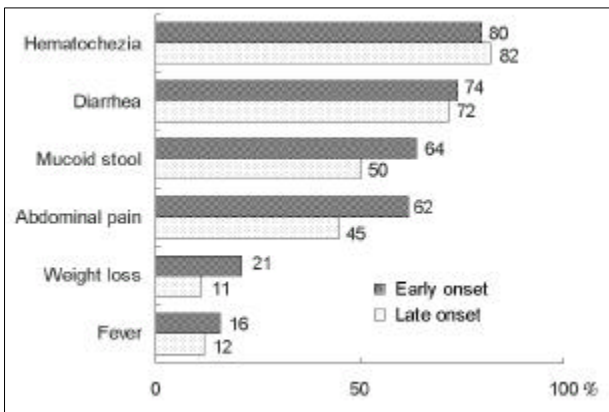


Fig. 2. Symptoms of ulcerative colitis at onset. The most common symptom was hematochezia, and there were no difference in symptoms between the early onset and late onset patients.

Table 5. Extent of Lesion at the Time of Diagnosis

Extent of lesion	Early onset (n=122)	Late onset (n=79)	Total (n=201)
Proctitis	22 (18.0%)	20 (25.3%)	42 (20.9%)
Left colitis	60 (49.2%)	42 (53.2%)	102 (50.7%)
Extensive colitis	40 (32.8%)	17 (21.5%)	57 (28.4%)

15.5 ± 23.2 , 41
 32.9 ± 7.01
 (Table 4).
 35.6 ± 35.5 , 40
 37.8 ± 36.8 , 41 31.7 ± 32.9 .
 3.
 182 가
 147 (80.8%) 133 (73.1%) 가
 , , ,
 41
 , , , 40 (Fig. 2).
 187 .
 40 가
 22 (18.0%), 60
 (49.2%), 40 (32.8%) , 41
 20 (25.3%), 42 (53.2%)
 %), 17 (21.5%) 40
 (Table 5). Anti-neutrophil cytoplasmic antibody (ANCA)
 40 51.8%, 41
 46.8% ANCA .

3.49 ± 2.25, 가 SMI 40 5.58 ± 2.35 40.4 , 41 157.3 ± 34.8
 , 40 41 가 가
 SMI 40 (p=0.006)
 가 40 SMI가 5.87 ± (Table 7). RFIPC 40
 0.25, 41 SMI가 5.08 ± 2.45 40 2,000.0 ± 376.3, 41
 SMI가 (p=0.027). 1,919.6 ± 495.3 (Table 7).
 40 가
 가 (65.9% vs. 52.5%),
 가
 (Table 6). 203 101 (49.8%)
 1.8 . 3-6 .^{1,3}
 121 , 100,000 3-15
 40 70 (56.9%), 41 70-150 .^{1,2,5}
 51 (63.8%) . , 가
 , 가
 (Table 6). 가 .^{6-8,15}
 4. 1 80
 , 20-40
 40 IBDQ 가 .^{1,5} 가
 152.5 ± 35.9, 가 116.4 ± , 가

Table 6. Clinical Course in Ulcerative Colitis

	Early onset (n=123)	Late onset (n=80)	Total (n=203)	p value
Pattern of disease course				NS
Remission/relapse	81 (65.9%)	42 (52.5%)	123 (60.6%)	
Chronic persistent	25 (20.3%)	24 (30.0%)	49 (24.1%)	
Remission maintenance	17 (13.8%)	14 (17.5%)	31 (15.3%)	
Admission				NS
None	59 (48.0%)	43 (53.8%)	102 (50.2%)	
Single	41 (33.3%)	24 (30.0%)	65 (32.0%)	
Several	23 (18.7%)	13 (16.3%)	36 (17.7%)	
History of steroid use	70 (56.9%)	51 (63.8%)	121 (60.0%)	NS

Table 7. Quality of Life and Concern about the Disease According to the Age at Onset

	Early onset (n=115)	Late onset (n=67)	Total (n=172)	p value
IBDQ (224) *				
At diagnosis	152.5 ± 35.9	157.3 ± 34.8	154.3 ± 35.4	NS
Most severe state	116.4 ± 40.4	133.8 ± 42.1	122.8 ± 41.7	0.006
RFIPC (2,500) *	2,000.0 ± 376.3	1,919.6 ± 495.3	1,970.4 ± 424.4	NS

IBDQ, inflammatory bowel disease questionnaire; RFIPC, rating form of IBD patient concern.

* Total score.

가 , 가 가

, 15-25 가 가 1,10,16 가 20,25 . Gupta

가 가 26 60 가 , Jones Hoare²⁷ 가

가 , 가 가 가

40 70 가

1,4,9,10,16,17 가

가 , 가

가 41 가 40

가 40 70 IBDQ 가 ,

1,18-22 가 12 SMI

40 41 40 IBDQ가 41 ,

41 40 SMI가 5.1, 40 SMI가 5.9 40

가 10,19 가 40 가 40

가 가 9,19,21

가 10,23 40

가 가

19,21,24 : 가

41 가 40 가

가 , SMI가 41 : 1998 5 2000 8

40 가 41 203

가 가 41 , 40 123 41

가 80 ,

가 ,

92, 111
 , 30 가 , 20
 40 가 .
 41 40
 (p <0.05),
 , ANCA ,
 , :
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