

Summary

Epidemiologic Findings in Patients with Inflammatory Bowel Disease Referring to Subspecialistic Clinics in Tabriz University of Medical Sciences

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Introduction: Ulcerative Colitis and Crohn's Disease are chronic inflammatory gastrointestinal tract disease. IBD cause reducing quality of life, especially in young peoples. Environmental factors, life-style changes such as (nutritional habits, cigarettes and OCP) and genetic susceptibility influence disease creating, its course and outcome. Colorectal cancer risk increases in these patients.

Methods and Materials: In this study data of 336 patiens with IBD diagnosis was collected from their file and interview by questionnaire and was analyzed by SPSS software.

Results: in this study 298 patients were UC(88.7%) and 38 were CD(11.3%). In UC patiens, mean age of diagnosis was 33.2, 55.3% were male, 44.7% were female. 73.7% married, 13.3% single. 65.8% were urban, 34.2% were rural. Smoking, OCP history and FH were positive in 17.8%, 28.57% and 10.4%, respectively. In patients with CD, mean age of diagnosis 35.15 years. 53% male, 47% female; 76.2% married, 14.8% single; 68.8% urban, 31.2% rural. Smoking, OCP history and FH were positive in 26.3%, 23.52% and 7.9%, respectively.

Conclusion: patients with UC are much more than CD. It seems that severity of IBD is milder than other areas in East Azerbaijan.

Keywords: Inflammatory Bowel Disease, Ulcerative Colitis, Crohn's Dsease