

Severity of Disease, Management and Complications Among Mexican Americans, African Americans and Caucasians with Inflammatory Bowel Disease in the County Hospital Setting

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Introduction :

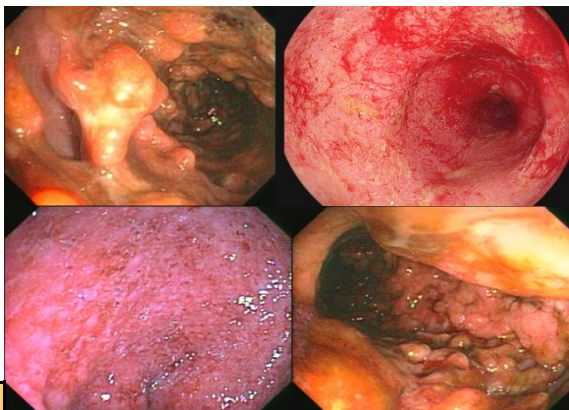
- Inflammatory bowel disease (IBD) is seen within all ethnic groups around the world, with a higher prevalence within the United States and Europe. Over one million people suffer with IBD in the United States.
- Early studies suggest that Caucasians have a higher incidence of Crohn's disease while African Americans have a higher prevalence of peri-anal/rectal disease.
- Evidence for the differences in clinical presentation, the severity of disease, management and complications respect to different racial groups is limited.
- We have compared the clinical presentations, endoscopic findings, complications and treatment options between Caucasians, African Americans, and Mexican Americans at the LBJ county hospital.

Methods:

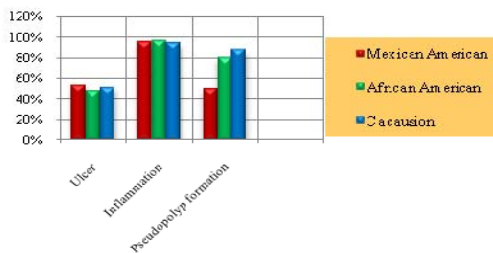
- We performed a retrospective chart review from 1994 to 2008, from the Lyndon B. Johnson county hospital of patients who had the pathologic diagnosis of inflammatory bowel disease at the time of endoscopic evaluation.
- The severity of symptoms and diagnostic markers at the time of presentation, the endoscopic findings, and the initial as well as follow up treatments given including medical and surgical options was investigated for Caucasians, African Americans, Mexican Americans, and Asians.

Clinical Presentation:

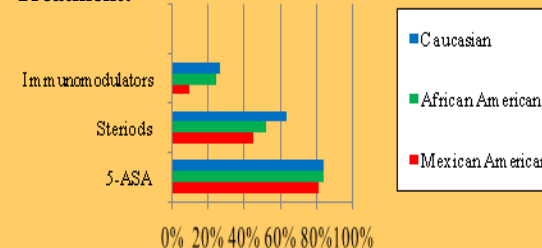
- There were a total of 74 patients with IBD including 28 African Americans (38%), 24 Mexican Americans (32%), 19 Caucasians (26%), and 3 Asians (4%).
- There were no major differences in presenting symptoms, including diarrhea, frequency of bowel movements, weight loss, fever, or the presence of extra-intestinal manifestations.
- The average age of onset of disease was 37 years old.
- African Americans and Mexican Americans were more likely to have severe anemia (hemoglobin <10) than Caucasians.
- Caucasians and African Americans were more likely to abuse tobacco than Mexican Americans.



Endoscopic Findings



Treatment:



Treatment and Complications of IBD:

- Eighty-one percent of patients were placed on 5-aminosalicylic acid agents with no difference among racial groups.
- 63% of Caucasians received steroids versus 52% of African Americans and 45% of Mexican Americans.
- Immunomodulators were prescribed in 9% of Mexican Americans, 24% of African Americans and 26% of Caucasians.
- Abscess or fistula formation was more common among Mexican Americans than Caucasians or African Americans.
- Five patients had dysplasia or adenocarcinoma at the time of presentation.

Conclusions:

- Mexican American patients have a greater percentage of male patients, are less likely to abuse tobacco, and do not form pseudopolyps to the same degree as other racial groups.
- Mexican Americans and African Americans tend to present with anemia more frequently than Caucasians
- Mexican Americans are much less likely to be treated with immunomodulator medications than African Americans and Caucasians
- These differences may be due to difficulties in access to care and follow-up among minority patient populations at our county hospital.

Results:	# Patients	Male	Female
Mexican American	24	13	11
African American	28	6	16
Caucasian	19	3	6
Asian	3	3	0