Extraintestinal Manifestations of Inflammatory Bowel Disease

Extraintestinal Manifestations (EIM’s) of IBD:
• An inflammatory pathology in a patient with IBD that is located outside the gut and for which the pathogenesis is either:
  1. Dependent on extension/translocation of immune responses from the intestine
  2. An independent inflammatory event perpetuated by IBD or that shares a common environmental or genetic predisposition with IBD.
• EIM course may parallel (peripheral arthritis type 1, erythema nodosum, aphthous stomatitis, episcleritis) or be independent (peripheral arthritis type 2, axial arthritis, pyoderma gangrenosum, scleritis, uveitis, PSC) of intestinal disease
• May occur before IBD in 25% of cases (especially uveitis)
• May influence choice of IBD treatment or require additional therapies (ie. topical steroids, NSAIDs)

Musculoskeletal EIM’s
• Axial Arthritis/Spondyloarthropathy
  • Sacroiliitis – Often asymptomatic, but can present with inflammatory low back pain. Increased risk for AS.
  • Ankylosing spondylitis – Presents as inflammatory low back pain and stiffness. Bamboo and Dagger spine on radiographs.
• Peripheral Arthritis
  • Type 1 (oligoarticular) – Large joints (knee most common), asymmetric
  • Type 2 (polyarticular) – Small joints (MCP most common), symmetric
• Soft tissue inflammation
  • Enthesitis - Inflammation of the insertion of tendons, ligaments, and capsules into bone. Commonly affects Achille’s heel and patellar tendon.
  • Tenosynovitis - Inflammation of a tendon and its respective synovial sheath. Commonly affects flexor tendons of hands and feet (dactylitis)

Mucocutaneous EIM’s
• Erythema Nodosum
• Pyoderma Gangrenosum
• Sweet Syndrome
• Metastatic Crohn’s Disease
• Oral pathologies: aphthous stomatitis and periodontal disease

Ocular EIM’s
• Episcleritis – Eye redness, minimal pain, no vision changes
• Scleritis – Eye redness, severe pain, tenderness, with vision impairment. Potential for permanent vision loss.
• Uveitis - Presents as ocular pain, photophobia, blurred vision, and headache. Potential for permanent vision loss.

Hepatobiliary EIM’s
• Primary Sclerosing Cholangitis (PSC) – Strongly associated with UC. Results in formation of strictures in the small and large bile ducts. Initially presents as elevations in ALP and GGT and eventually leads to cirrhosis.
  • Increased risk for cholangiocarcinoma ➔ screening with imaging (MRI, US) and tumor markers (CA 19-9) every 6-12 months
  • 10x increased risk for colorectal cancer ➔ screening colonoscopy every 1-2 years
References:


