Novel presentation of coeliac disease after following the Atkins’ low carbohydrate diet

Low carbohydrate diets are currently being promoted as an effective treatment for weight reduction. 1 The most popular, the Atkins’ diet, is a worldwide bestseller with over 10 million book copies sold (the earliest being Dr Atkins’ New Diet Revolution). 2 Two randomised clinical trials in obese patients have shown effective weight loss at six months on the Atkins’ diet compared with a low fat calorie reduced diet although the difference was not significant or sustained at 12 months. 3, 4 The Atkins’ diet recommends unlimited protein and fat intake, with carbohydrate intake initially restricted to 20 g/day (5–10% of daily calorie intake), mainly as salad greens and other non-starchy vegetables. In the longer term maintenance phase, the diet remains low in cereal grains (wheat, rye, and barley), which are toxic in coeliac disease.

We report three patients seen in the last year who sought medical advice because of symptoms noticed after stopping the Atkins’ diet, which subsequently proved to be due to coeliac disease.

Case No 1

A 46 year old woman, with coexisting treated primary hyperadrenalism and autoimmune hypothyroidism, followed the Atkins’ dietary regimen strictly as published. She described “feeling amazing” and “wide awake” on the regimen. After six months she lost 12 kg and decided to reintroduce bread. She soon noticed bloating, tiredness, and upper abdominal pain. Her physician suspected coeliac disease and initiated testing for antidiomysial antibody (positive), with subsequent diagnostic duodenal biopsy (crypt hyperplastic partial villous atrophy). All symptoms resolved on a gluten free diet.

Case No 2

A 45 year old woman, with coexisting treated autoimmune hypothyroidism, followed the Atkins’ diet strictly as published for three months, losing 7 kg. On this regimen she described feeling “really well” and “fantastic”. On reintroducing bread she noticed symptoms of tiredness, abdominal gurgling noises, and pain, and increased flatulence. Her father was diagnosed with coeliac disease around this time. These symptoms led her to suspect coeliac disease. Subsequent tests showed positive antidiomysial antibody and small intestinal crypt hyperplastic partial villous atrophy. Her symptoms resolved on a gluten free diet.

Case No 3

A 45 year old woman who commenced a low carbohydrate diet (cutting out bread, pasta, potatoes, and rice but including fruit and vegetables) noticed increased wellbeing on this regimen. She reintroduced some bread at one month and noticed abdominal bloating and pain, with increased tiredness. These symptoms led her to suspect coeliac disease. Her physician found positive anti-endomysial anaemia and subsequent tests showed positive anti-endomysial antibody and small intestinal crypt hyperplastic partial villous atrophy. Her symptoms resolved on a gluten free diet except for occasional abdominal bloating.

Recent large studies (using highly sensitive and specific serological screening tests) have suggested coeliac disease is much more prevalent (∼1%) in the UK population than previously recognised. 5 In addition to those symptoms presenting clinically, untreated coeliac disease has silent features, including anaemia, osteoporosis, and modest increases in overall risks of malignancy and mortality. 6 In a recent prospective study of seven year old children, those with positive coeliac serology were significantly shorter and lighter. 7 Awareness of coeliac disease has recently been increasing, and all major UK supermarket chains now stock a varied range of gluten free products.

Symptoms induced by wheat ingestion in coeliacs are often more marked after a period following a gluten free diet than occur prior to diagnosis and treatment. Consistent with this observation, interleukin-γ peripheral blood T cell responses to the immunodominant A-gliadin epitope (QLQPFPQEPPELPYQPS) after short term oral gluten challenge are not observed in untreated coeliac cases but are detectable in significant numbers after two weeks of a gluten free diet. 8 The immunological basis of the heightened sensitivity after gluten withdrawal is unknown but intestinal immune responses to antigen are likely to be downregulated in conditions of ongoing chronic inflammation compared with those occurring in normal (treated) mucosa. Although some individuals will have simple wheat intolerance, we conclude that the occurrence of gastrointestinal symptoms after a period following an Atkins-type low carbohydrate diet should prompt investigation for coeliac disease.

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Conflict of interest: None declared.

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Cap polyposis: an inflammatory disorder or a spectrum of mucosal prolapse syndrome?

We read with great interest the letter by Maunoury and colleagues (Gut 2005;54:313–14). They reported on a case of cap polyposis unresponsive to infliximab, in contrast with the successful report by Bookman and colleagues. 2 Maunoury et al stated that the success with infliximab reported by Bookman et al might have been due to spontaneous regression of cap polyposis. Maunoury et al speculated that a role for tumour necrosis factor α (TNF-α) in the pathogenesis of this rare disorder was unacceptable and other mechanisms, such as abnormal colonic motility, may be important.

The pathogenesis of cap polyposis has been controversial. In particular, there have been discussions about whether cap polyposis is a specific form of inflammatory disorder or part of a spectrum of “mucosal prolapse syndrome” which is caused by abnormal colonic motility with subsequent local ischaemia and repeated mucosal trauma. We recently experienced a case of cap polyposis, highly suggestive of a role of inflammation in the progression of this disease.

A 76 year old Japanese woman was diagnosed as having cap polyposis, with typical colonoscopic findings of multiple sessile polyps covered with caps of fibrinopurulent exudates throughout the total colon. Histological findings were also compatible with the disease. She had no history of straining during defecation, and an anorectal motility study was normal. Concomitantly, she had a 5 cm villous adenoma in the sigmoid colon, and underwent laparoscopic sigmoid colectomy for resection of the adenoma. Follow up colonoscopy three months after surgery revealed almost complete spontaneous remission of the cap polyposis throughout the residual colon, except along the anastomotic line where there was confined progression of multiple polyps (fig 1).
observed both in the present case and in the
posis confined along the anastomotic line
were located only along the anastomotic
the present case in that the recurrent polyps
cap polyposis.
metronidazole whose anti-inflammatory
to treat cap polyposis, as in the case of
suppression of inflammation could be a clue
polyposis. With acceptance on this point,
least in part, a role in the progression of cap
factors.
by inducing angiogenesis, fibroblast prolif-
eration, and production of several growth
Therefore, progression of cap poly-
posis confined along the anastomotic line
observed both in the present case and in the
report mentioned previously may provide
evidence that local inflammation plays, at
least in part, a role in the progression of cap
polyposis. With acceptance on this point,
suppression of inflammation could be a clue
to treat cap polyposis, as in the case of
metronidazole whose anti-inflammatory
action plays a central role in the healing of
cap polyposis.\(^2\)

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Conflict of interest: None declared.

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Chronic intestinal pseudo-
 obstruction due to lymphocytic
leiomysitis: is there a place for
immunomodulatory therapy?

There is a rare case of chronic intestinal pseudo-obstruction (CIPO) characterised by
lymphocytic infiltration in the muscle of the intestine, which is called idiopathic lympho-
cytic leiomysitis. Few cases have been
reported and prognosis is very poor. We present a case with a comparatively benign
evolution, showing good response to immuno-
suppressive therapy.

The patient was a healthy 16 year old
female who presented with a crisis of post-
prandial bloating followed by diarrhoea and
vomiting. During the following months she
lost 10 kg in weight and any attempt at oral
feeding resulted in severe abdominal disten-
sion and vomiting. Therefore, total parental
nutrition was finally prescribed. Plain
abdominal film and small bowel follow
through indicated huge dilatation of the
small intestine with air fluid levels.
Gastroscopy and colonoscopy were normal,
as were mucosal biopsies.

Human immunodeficiency virus, hepatitis
A, B, and C virus, cytomegalovirus, Salmon-
eilla, Leptospira, Coxiella, Borrelia burgdorferi, Treponema pallidum, facial cultures and para-
sites, tuberculin skin test, and cultures for
Mycobacterium tuberculosis were all negative, as
were autoimmune markers.

Intestinal manometry showed severe hypo-
motility in the duodenum and jejunum.
Laparotomy was performed, showing a very
dilated small intestine and colon, plenty of
liquid, with thinned walls. Full thickness
intestinal biopsies were taken.

Histologically, the intestinal mucosa and
submucosa were normal. Both muscle layers
presented with a heavy diffuse lymphocytic
infiltrate (fig 1), composed of small CD3 and
CD8 lymphocytes (no CD20). Muscular fibres
were atrophic with some fibrosis. The
submucosal and myenteric plexuses were normal
and the muscularis mucosae was not
affected. Immunohistochemical stain for
smooth muscle actin was negative or faintly
positive in the muscularis propria, with
preservation of a thin ribbon at the innermost
portion of the circular layer. A final diagnosis
of lymphocytic intestinal leiomysitis was
made.

The patient started prednisone 1 mg/kg/
day and azathioprine 1 mg/kg/day. She was
hospitalised for eight months during the first
year due to multiple complications. Complete
response was not obtained until one year
later when the azathioprine dose reached
2 mg/kg/day, and budesonide 9 mg/day was
added. Prednisone was then discontinued
and abdominal films became normal.

Two years after diagnosis she has not
needed hospitalisation or parental nutrition
in the last 15 months, and has followed a
normal oral diet.

Review of the world literature on CIPO
associated with lymphoid infiltrates in the
gut revealed only 12 cases, as shown in
table 1. A critical review could restrict the
number to three, plus the present case, as
true lymphocytic enteric leiomysitis.

McDonal’d\(^6\) and Arista-Nasr’s cases
showed predominantly mucosal infiltrate
with secondary extension into deeper layers.

Figure 1 Full thickness biopsy of the small intestine with haematoxylin-eosin. The section shows a
normal mucosal layer of jejunum without atrophy or excessive amounts of round cells. The
muscularis mucosae is also normal. In contrast, the muscularis propria shows a heavy lymphocytic
infiltrate (haematoxylin-eosin). Insert: immunohistochemical stain for CD8 lymphocytes in the
muscularis propria.

Figure 1 Endoscopic view of progression of cap polyposis confined along the anastomotic
line three months after surgery. Note remission
on the adjacent mucosa. Although the polyps were located in a line on the
anastomosis, the adjacent mucosa was
normal. She showed no clinical symptoms at
that point and so no additional treatment
was performed.

Two cases of recurrent cap polyposis after
colorectal resection have been reported pre-
viously,\(^1\), of which one was very similar to the
present case in that the recurrent polyps
were located only along the anastomotic
line.\(^2\) The process of wound healing on the
anastomosis is known to involve a complex
network of numerous inflammatory cells and
their secretory products, including TNF-\(\alpha\),
which accelerates the wound healing process
by inducing angiogenesis, fibroblast prolif-
eration, and production of several growth
factors.\(^3\) Therefore, progression of cap poly-
posis confined along the anastomotic line
observed both in the present case and in the
report mentioned previously may provide
evidence that local inflammation plays, at
least in part, a role in the progression of cap
polyposis. With acceptance on this point,
suppression of inflammation could be a clue
to treat cap polyposis, as in the case of
metronidazole whose anti-inflammatory
action plays a central role in the healing of
cap polyposis.\(^4\)
Our case showed a particularly affected muscle with a respected mucosa. In Rigby’s case, the muscular layer seemed to show fibrosis rather than inflammation. Our case showed a homogenous lymphocytic T infiltrate which is different from the polymorphic infiltrate of Ginie’s case.4

We believe that only the cases presented by Nezelof,2 Ruuska,3 and perhaps Mann’s fourth case, are truly similar to ours. The lymphocytic infiltrate was similar and there were degenerative changes of the smooth muscle. Clinically, these three cases shared a very poor prognosis: two patients died and one was on parenteral nutrition, despite immunosuppressive therapy. This treatment was employed in at least two of the patients. Our case had a better outcome, with azathioprine and budesonide allowing discontinuation of prednisone.

In CIPO, if full thickness biopsies are typical of lymphocytic leiomyositis, based on what little information is available, it is reasonable to start high dose steroids and another form of immunosuppression. Based on our case, we would recommend budesonide 9 mg/day and azathioprine 2 mg/kg/day while tapering off conventional steroids, if clinical response continues.

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Conflict of interest: None declared.

UK guidelines for management of acute pancreatitis: is it time to change?

The incidence of acute pancreatitis is increasing in the UK, with a current hospital admission rate of 9.0 per year per 100 000 population.1 However, there has only been a marginal decrease in the overall one year case fatality rate, from 12.7% in 1975–86 to 11.8% in 1987–98.2 Gall stones and alcohol are the main aetiological factors for acute pancreatitis.3 Nearly 25% of episodes of acute pancreatitis are severe4 and approximately 45% of these are due to gall stones.5

The UK guidelines for the management of acute pancreatitis were formulated and released by the British Society of Gastroenterology (BSG) in 1998.6 MEDLINE, EMBASE, and the Cochrane databases were searched to find recent evidence in the management of acute pancreatitis. The search terms included pancreatitis (MeSH), sphincterotomy-endoscopic (MeSH), cholangiopancreatography - magnetic - resonance (MeSH), acute NEAR pancreatitis (text), MRCP (text), ERCP AND sphincterotomy (text).

A management plan, modified from the BSG guidelines in light of the new evidence available since its release in 1998, is shown in fig 1. Firstly, acute pancreatitis is stratified according to severity. Glasgow-Imrie scoring together with C reactive protein are recommended by the BSG for stratification of severity of acute pancreatitis.6 However, with the availability of one stop tests, such as urinary trypsinogen activation peptide,7 and with the likelihood of mild acute pancreatitis transforming into severe acute pancreatitis being rare,8 severity stratification of pancreatitis can now be performed on admission.

The next step is to determine aetiology. Imaging to find aetiology should be performed within 24 hours, in contrast with the BSG recommendations of a CT scan between three and 10 days. The rationale behind imaging within 24 hours is to facilitate early endoscopic retrograde cholangiopancreatography (ERCP) and sphincterotomy, as there is strong evidence that ERCP and sphincterotomy performed less than 72 hours decreases the complication rate in acute severe gall stone pancreatitis.9 This imaging, within 24 hours during the acute resuscitation phase, is made possible because of the shorter time to perform spiral computed tomography (CT) of the abdomen,10 which has a high sensitivity and specificity in diagnosing cholelithiasis.11 If the aetiology is still unknown after the CT scan, a magnetic resonance cholangiopancreatogram (MRCP) may be performed, as this has a higher sensitivity than the CT scan in the diagnosis of choledolithiasis.12

A simple calculation based on the incidence of pancreatitis (9.8 per year per 100 000 population), the incidence of severe pancreatitis (approximately 25%), and the incidence of gall stones as the aetiological factor in acute severe pancreatitis (45%) reveals that severe acute gall stone pancreatitis has an incidence of approximately 1.1

Table 1 Clinical and histological features of our present case and cases in the literature

<table>
<thead>
<tr>
<th>Sex/age (y)</th>
<th>Histological features</th>
<th>Treatment</th>
<th>Evolution</th>
</tr>
</thead>
<tbody>
<tr>
<td>Present case</td>
<td>T lymphocytic infiltrate in muscularis propria</td>
<td>Steroids and later budesonide. Azathioprine</td>
<td>Mild symptoms; oral nutrition 2 y later</td>
</tr>
<tr>
<td>Nezelof2</td>
<td>Mononuclear T lymphocytic infiltrate in muscularis propria</td>
<td>Steroids</td>
<td>Death 4 y later</td>
</tr>
<tr>
<td>Ruuska3</td>
<td>Predominant T lymphocytic infiltrate in muscularis propria</td>
<td>Steroids, azathioprine, cisplatin</td>
<td>Total PN</td>
</tr>
<tr>
<td>Mann4</td>
<td>Chronic inflammatory infiltrate + fibrosis of longitudinal muscle</td>
<td>NR</td>
<td>Death 2 y later</td>
</tr>
<tr>
<td>Rigby5</td>
<td>Predominant fibrosis of the circular layer</td>
<td>Immunosuppression</td>
<td>Oral diet plus gastrostomy feeds. Alive at 21 months</td>
</tr>
<tr>
<td>Ginie`s6</td>
<td>Very polymorphic infiltrate: lymphocytes, plasmaocytes, histiocytes, and eosinophils</td>
<td>Steroids</td>
<td>Oral nutrition. Normal weight and height</td>
</tr>
</tbody>
</table>

McDonald cases 1/2/3/4 | Mucosa predominantly affected | Cyclophosphamide and steroids/steroids/steroids/cisplatin | Mild symptoms at 9 y/PN one year later/NR/NR | Probably no |

Arista-Nasr7 | Mucosa predominantly affected | Cyclophosphamide/tetracycline, tindazol, PE/tetracycline, steroids, chemotherapy | Death from inanition/death from inanition/alive, severe inanition | Probably no |

M, male; F, female; NR, not reported; PN, parenteral nutrition; PE, pancreatic enzymes.
per year per 100 000 population. In a NHS trust with a catchment population of 500 000, it is only five additional emergency ERCP with sphincterotomies annually. This appears to be a feasible option. However, if ERCP with sphincterotomy cannot be performed within 72 hours in a hospital, patients should be transferred early (after stabilising the vital signs) to a hospital where such facilities are available.

In conclusion, a review of the UK guidelines is recommended following evidence that morbidity is less in early ERCP and sphincterotomy (<72 hours) in severe gall stone pancreatitis. Also, because of the accuracy of MRCP in the diagnosis of choledocholithiasis and the new one stop tests available for severity stratification of acute pancreatitis on admission, we recommend one stop tests for ERCP with sphincterotomy cannot be performed within 72 hours in a hospital, patients should be transferred early (after stabilising the vital signs) to a hospital where such facilities are available.

In conclusion, a review of the UK guidelines is recommended following evidence that morbidity is less in early ERCP and sphincterotomy (<72 hours) in severe gall stone pancreatitis. Also, because of the accuracy of MRCP in the diagnosis of choledocholithiasis and the new one stop tests available for severity stratification of acute pancreatitis on admission, we recommend one stop tests for ERCP with sphincterotomy cannot be performed within 72 hours.

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doi: 10.1136/gut.2005.071076

Conflict of interest: None declared.

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RANK ligand and osteoprotegerin: emerging roles in mucosal inflammation

We read with interest the study by Byrne and colleagues (Gut 2005;54:79–86) outlining the significant therapeutic opportunities provided by manipulation of the RANK/RANK ligand (RANKL)/osteoprotegerin (OPG) system using recombinant Fc-OPG. There are, however, a number of physiological effects of OPG that were not discussed and which demonstrate the depth of influence of the RANK/RANKL/OPG system on both inflammatory disease and possibly immune surveillance mechanisms. These additional actions may provide both novel therapeutic approaches in inflammatory disease and point to other clinical effects of the Fc-OPG construct.

Work published by our own group studying the interleukin 2 deficient mouse model of inflammatory bowel and bone disease, using identical doses of Fc-OPG to Byrne et al., demonstrated the effects on gut inflammation, dendritic cell (DC) numbers, and macrophage (Mo) activation, as analysed by both colonic histology and flow cytometry. In the April issue of Gut, Moschen and colleagues (Gut 2005;54:479–487) showed that OPG can be demonstrated on both DC and Mo, also indicating that the molecule has the potential to influence these cells. These observations are in keeping with previous publications which have outlined the role of the RANK/RANKL/OPG system in DC survival, function, and the development of antigen specific memory T cell responses. Hence modulation of inflammatory responses in the gut using Fc-OPG could theoretically provide both direct treatment for gut inflammation alongside the associated bone loss described by Byrne et al. OPG has also been shown to influence TRAIL mediated signalling which may also impact on the DC microenvironment, preventing DC death, but more significantly has shown effects in prevention of TRAIL induced apoptosis in a number of tumour types.

These findings highlight the fact that OPG can significantly influence survival of different cell types and the full extent of the actions of Fc-OPG in vivo are undoubtedly still yet to be shown.

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Synbiotic therapy for ulcerative colitis

We read with interest the article by Furrie and colleagues (Gut 2005;54:242–9). While we believe this approach represents a very interesting advance in our understanding of aspects of the colonic immune response to synbiotic therapy in ulcerative colitis (UC), we would like to raise some questions about the design of the study, which relate in particular to the conclusion that the synbiotic cocktail produces some improvement in disease activity in UC.

Five patients were taking steroids, and six patients were taking immunosuppressants in each of the active treatment and placebo groups (see table 2). While the study design states that no treatment changes were made once the patients were started on test therapy, no information is given as to whether either the steroids or immunosuppressants were started, or had their dose changed, in the period immediately before the test therapy began. Given that the lag between recruitment and initiation of the test treatment was up to two months, we need reassurance that no treatment changes were made during this period that could have contributed to the later clinical and histological changes associated with the test therapies.

Two of the outcome measures seem to have been scores of sigmoidoscopic appearance and microscopic disease activity, which have not been previously validated formally. Can we be reassured that the conclusions drawn from these data would have been the same had the authors used an unmodified Baron sigmoidoscopic score,1 and a more widely used histological activity index? Indeed, we note that there were in fact no significant changes after the lag period in the sigmoidoscopic activity in the entire colonic chain, using the same antibody for ASMA as labelled white cells and endoscopic indices, while this pattern was not identified in any of the patients were taking immunosuppressants in the active treatment and placebo groups. From the lag period, we need evidence of intestinal pseudo-obstruction. We read with interest the article by Knowles et al.1

References

Deranged smooth muscle α-actin expression as a biomarker of intestinal pseudo-obstruction

We read with interest the article by Knowles and colleagues (Gut 2004;53:1583–9) in which the authors concluded that immunostaining of the adult jejunum with smooth muscle α-actin (ASMA) may be a valuable biomarker of chronic intestinal pseudo-obstruction (CIOP). We recently published a similar study in which 17 archival formalin fixed, paraffin wax embedded samples of small intestine and 12 samples of large intestine were examined from patients with clinical evidence of intestinal pseudo-obstruction. We found that both of these CIOP cases and all 15 control ileal samples showed weak or absent ASMA expression within the inner circular layer of the muscularis propria, with an identical pattern to that identified within the case and control ileal samples examined by Knowles et al.1 In two of the three cases investigated in our study, ileal samples were examined from patients with clinical evidence of intestinal pseudo-obstruction. We found that both of these CIOP cases and all 15 control ileal samples showed weak or absent ASMA expression within the inner circular layer of the muscularis propria, with an identical pattern to that identified within the case and control ileal samples examined by Knowles et al.1 In two of the three cases investigated in our study, ileal samples were examined from patients with clinical evidence of intestinal pseudo-obstruction. We found that both of these CIOP cases and all 15 control ileal samples showed weak or absent ASMA expression within the inner circular layer of the muscularis propria, with an identical pattern to that identified within the case and control ileal samples examined by Knowles et al.1 In two of the three cases investigated in our study, ileal samples were examined from patients with clinical evidence of intestinal pseudo-obstruction. We found that both of these CIOP cases and all 15 control ileal samples showed weak or absent ASMA expression within the inner circular layer of the muscularis propria, with an identical pattern to that identified within the case and control ileal samples examined by Knowles et al.1 In two of the three cases investigated in our study, ileal samples were examined from patients with clinical evidence of intestinal pseudo-obstruction. We found that both of these CIOP cases and all 15 control ileal samples showed weak or absent ASMA expression within the inner circular layer of the muscularis propria, with an identical pattern to that identified within the case and control ileal samples examined by Knowles et al.1 In two of the three cases investigated in our study, ileal samples were examined from patients with clinical evidence of intestinal pseudo-obstruction. We found that both of these CIOP cases and all 15 control ileal samples showed weak or absent ASMA expression within the inner circular layer of the muscularis propria, with an identical pattern to that identified within the case and control ileal samples examined by Knowles et al.1 In two of the three cases investigated in our study, ileal samples were examined from patients with clinical evidence of intestinal pseudo-obstruction. We found that both of these CIOP cases and all 15 control ileal samples showed weak or absent ASMA expression within the inner circular layer of the muscularis propria, with an identical pattern to that identified within the case and control ileal samples examined by Knowles et al.1 In two of the three cases investigated in our study, ileal samples were examined from patients with clinical evidence of intestinal pseudo-obstruction. We found that both of these CIOP cases and all 15 control ileal samples showed weak or absent ASMA expression within the inner circular layer of the muscularis propria, with an identical pattern to that identified within the case and control ileal samples examined by Knowles et al.1

Inflammatory biomarkers predict relapse in IBD

After reading the paper presented by Costa et al (Gut 2005;54:364–8) and the additional commentary by Pardi and Sandborn (Gut 2005;54:321–2), we would like to underscore the potential importance of biomarkers to assess intestinal inflammation and we would like to add a clarification on the faecal calprotectin assay. We agree with Pardi and Sandborn that other serological markers have not demonstrated clinical utility as predictors or monitoring tools of inflammatory bowel disease (IBD) activity.1 Studies are emerging to support the sensitivity and clinical utility of more selective and specific non-invasive markers of intestinal inflammation, such as faecal calprotectin.2 As we deepen our understanding of the molecular basis of IBD, we may find that the degree of inflammation and its role in recurrence differs between Crohn’s disease and ulcerative colitis. This is an important question raised in both articles.

When comparing the Costa study with the earlier paper by Tibble and colleagues,3 one must ensure that the patient populations for each of the two disease states are equivalent. Disease activity was assessed using the calprotectin assay.2 Costa et al used a disease activity index (CDAI), a test that is highly subjective and correlates poorly with inflammatory activity assessed by In1 labelled white cells and endoscopic indices, both objective markers of disease activity. It is also clear from a recent analysis by Sands and colleagues4 that there is wide variation in how researchers apply the parameters of the
Colitis evolving into ulcerative colitis

We observed the development of ulcerative colitis (UC) in a 37 year old young woman with clinical and histological features of lymphocytic colitis (LC) after a period of six years. Seven years ago, patient was admitted to our gastroenterology unit complaining of watery diarrhoea (>6 stools/day). She had never smoked and she was not taking any drugs affecting gastrointestinal secretion or motility. Laboratory tests, including autoimmune antibody and upper endoscopy, were normal. Parasitological and bacteriological faecal stools were negative. Biopsies of the rectum revealed a pattern of coeliac disease. Colonoscopy with terminal ileoscopy was macroscopically normal. Ten biopsy specimens were taken from the rectum, revealing the histological pattern of LC (intraepithelial lymphocytes <10/100 epithelial cells) and erosion of the surface epithelium. In this way we obtained complete control of symptoms. Colonoscopy with biopsies of the rectum was repeated every year, confirming remission of the disease. After six years the patient experienced abdominal pain and bloating with progressive worsening of diarrhoea. The stools became watery, sometimes bloody, and frequency was up to 8–10 times/day. She denied intake of non-steroidal anti-inflammatory drugs, ASA, or estro-progesterone therapy. Parasitological and bacteriological faecal stools were negative. Colonoscopy was performed and revealed a macro granularity of the rectal mucosa with oedema and hyperaemia, and several erosions of the left colon were noted. No other lesions were found on the remaining colon or terminal ileum. Biopsies were taken and histology showed a moderately active ulcerative colitis. Laboratory tests were consistent with an elevated white blood cell count and increased inflammatory parameters. The patient was treated with oral prednisolone and 5-ASA (4.8 g/day). Complete resolution of symptoms was obtained after two weeks of treatment. The patient continues to be in remission 18 weeks after the initial diagnosis of UC. She is still receiving 2.4 g/day 5-ASA, and oral prednisolone has been discontinued, with maintenance of resolution of symptoms.

In the literature, four cases of collagenous colitis (CC) evolving into UC have been reported and two cases that developed into Crohn’s disease. This is the first case of LC evolving into UC. These phenomena suggest that both CC and LC could be part of a spectrum of inflammatory bowel diseases. The triggering factor in this transformation is still unknown. UC should be considered in patients with LC if they develop acute changes in their clinical course, with bloody diarrhoea and systematic features of UC.
Is there an ideal prognostic model for hepatocellular carcinoma?

We read with interest the paper by Grieco et al. (Gut 2005;54:411–8). It is an elegant study that retrospectively compared the prognostic power of the Okuda, Cancer of the Liver Italian Program (CLIP), and Barcelona Clinic Liver Cancer (BCLC) staging systems for patients with hepatocellular carcinoma (HCC). The authors concluded that BCLC and CLIP were good models for non-surgical HCC, and BCLC had better predictive value compared with the others for patients with early stage HCC. As the CLIP system has been prospectively validated and proposed as the primary staging system for HCC, it would be interesting to examine how these commonly used HCC staging systems were derived and explore the potential limitations of the authors’ conclusions.

The main reason why the authors have reached this conclusion is probably related to the distinct characteristics of the study population. Three-quarters (249/335, 74.4%) had undergone active treatment (percutaneous ablation or arterial chemembolisation), suggesting most had early or intermediate stage disease. These characteristics were not included in the BCLC system, which contains treatment derived parameters, a prevailing model for prognostic prediction. A recent study comparing the various staging systems consistently showed that BCLC was best compared with CLIP, Okuda, and other systems in a surgically oriented referral centre. It should be noted that the CLIP and Okuda systems were originally derived from a large unselected patient population and the majority had been treated conservatively.

Therefore, although the prognostic predictors selected for the currently used staging systems are not mutually exclusive, the derived predictive models from these predictors may have an otherwise variable differentiation power. Certain important risk factors, such as tumour size <3 or 5 cm, used in BCLC, can only be significant in the patient population that predominantly undergo active locoregional cancer therapies. In these instances, the predictive power of a given staging model, constructed from selected risk factors, could be drastically impaired if the majority of patients do not have early stage HCC, or may explain why the BCLC system is better than the CLIP and Okuda systems in the current study because clinical outcome was intimately associated with patient demographics and subsequent treatment strategy. Consistent with this notion is that a Canadian study group demonstrated that CLIP was a good predictive model for their HCC patients in whom more than half (52%) had only been treated conservatively due to a relatively advanced tumour or cirrhotic stage. Therefore, it is not surprising that BCLC is better that its competitors in an appropriate study environment.

In summary, the BCLC system contains treatment derived parameters and may work well in areas where HCC is diagnosed at a relatively early stage, whereas the CLIP or Okuda system would only prevail in patients with intermediate or late stage disease, under which conditions any aggressive forms of therapy are less likely to succeed. As the current presentation of HCC is tremendous and heterogeneous, it is necessary to consider all known predictive factors, from early to advanced stages, in building an ideal staging system to fit all patient populations.

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Conflict of interest: None declared.

References


Response to steroid therapy of sclerosing cholangitis after duodenopancreatectomy due to autoimmune pancreatitis

Autoimmune pancreatitis is a chronic inflammation of the pancreas due to autoantibody-mediated damage to the pancreas, which has been associated with a high risk of cancer. It is characterized by acute or chronic pancreatitis, and its clinical presentation includes abdominal pain, jaundice, and weight loss. The treatment of autoimmune pancreatitis usually involves a combination of corticosteroids and immunosuppressive agents.

In this case, a 78-year-old male patient presented with jaundice and abdominal pain after a duodenopancreatectomy for cancer. The patient had a history of liver cirrhosis and autoimmune pancreatitis. The patient was treated with methylprednisolone for several months, and the jaundice resolved after therapy with steroids. In common with Kamisawa and colleagues, we consider autoimmune pancreatitis a distinct entity that may be associated with multifocal fibrocystic changes.

The patient was discharged 12 days after the operation. The histopathological report of the resected sample revealed the presence of intense fibrosis and inflammatory infiltration of the biliary tract with no evidence of malignancy. Similarly, the pancreatic gland presented with intense inflammatory infiltration, ductal atrophy, and no signs of malignancy. Biochemical work up on admission revealed: BGT 16.2 mg/dl; BDD 12.2 mg/dl; GGT 1264 IU/l; ALP 831 IU/l; CEA 2.81 mg/ml; CA 19.9 >500 IU/ml; Anti-IgG4 HAI (–); HBSAg (–); HBcAb (–); anti-HCV (–); IgG 1520 mg/dl; IgA 445 mg/dl; IgG4 28 mg/dl; and IgM 206 mg/ml. Abdominal echography showed dilation of the intrapancreatic bile duct. Magnetic cholangioscopy revealed moderate dilation of the complete intrahepatic bile tract with no visualization of the principal biliary tract or hilar plate, and no anastomotic complications. Transpapillary cholangiography demonstrated dilation of the right intrapancreatic bile duct and diffuse stenosis affecting the common hepatic duct, hepatic hilum, and segmented biliary branches.

After two days there was no obvious sign of improvement and the biochemical work up was as follows: BGT 19.6 mg/dl; BDD 12.2 mg/dl; GGT 1264 IU/l; ALP 831 IU/l; CEA 2.81 mg/ml; CA 19.9 >500 IU/ml; anti-IgG4 HAI (–); HBSAg (–); HBcAb (–); anti-HCV (–); IgG 1520 mg/dl; IgA 445 mg/dl; IgG4 28 mg/dl; and IgM 206 mg/ml. Abdominal echography showed dilation of the intrapancreatic bile duct. Magnetic cholangioscopy revealed moderate dilation of the complete intrahepatic bile tract with no visualization of the principal biliary tract or hilar plate, and no anastomotic complications. Transpapillary cholangiography demonstrated dilation of the right intrapancreatic bile duct and diffuse stenosis affecting the common hepatic duct, hepatic hilum, and segmented biliary branches.
autoimmune processes (episode of tenosynovitis in the shoulder of our patient), and good response to steroids that would reveal an autoimmune aetiology. Our group would include the possibility of exclusive biliary tract involvement, as was the case with our patient, after the stress of surgery. Taniguchi and colleagues reported relapse of autoimmune pancreatitis after cephalic duodenopancrectomy although they do not refer to alterations in the biliary tract. Toosi and colleagues reported the appearance in two of their patients of post-surgical sclerosing cholangitis although only after biopsy of the pancreatic head. The appearance of sclerosing cholangitis after duodenopancrectomy has not been reported previously. The short period of biliary involvement and the progression maintained in the biliary involvement led us to suspect an inflammatory process similar to that of autoimmune pancreatitis.

Neither therapy nor its duration have been well defined, and this can be seen in the different regimes used both for autoimmune pancreatitis and autoimmune pancreatocholangitis. Erkelen and colleagues used prednisolone 0.5–1 mg/kg/day, followed by maintenance doses for six months. Some patients also received, albeit exceptionally, azathioprine at 50 mg/day, and this was used temporarily until resolution of the biliary endoprosthesis process. The results were satisfactory, although no therapeutic protocol has been defined. This disparity in criteria is manifested in other studies, such as that of Toosi and colleagues who used ursodeoxycholic acid at 750 mg/24 h with almost complete return to a normal clinical and analytical picture. Other authors, such as Kojima and colleagues,4 maintained treatment according to the clinical-radiological changes, using a loading dose of 40 mg/24 h, with maintenance doses of 5 mg/24 h. Taniguchi and colleagues used prednisolone at 30 mg/24 h for one month, followed by 5 mg/24 h for nine months with satisfactory evolution. Kamisawa and colleagues,8 on the other hand, used a loading dose of prednisolone of 30–40 mg/24 h, and maintenance doses of 5 mg/24 h until clinical check-up. Based on the hypothesis of an excessive fibro-inflammatory response in the patient, we started therapy with prednisolone 1 mg/kg for four weeks, with progressive reduction to 10 mg/24 h over the following four weeks. The maintenance dose was continued for a further two months, with analitical, radiological, and clinical resolution of the process.

Calprotectin and IBD

Costa and colleagues (Gut 2005;54:364–8) recently reported a study describing the ability of faecal calprotectin to predict relapse in the following year in patients with inflammatory bowel disease (IBD). They concluded that a calprotectin level >150 μg/l was predictive of relapse in Crohn’s disease (CD) and in ulcerative colitis (UC), but was more effective in predicting relapse in UC. Unfortunately, we believe that the authors failed to demonstrate these two points.

If faecal calprotectin >150 μg/l is clearly predictive of relapse in UC patients, this was not the case in CD (p = 0.07 and p = 0.31 for the likelihood ratio test in univariate and multivariate analyses, respectively). This may be due to the method used to determine the cut off value for calprotectin. Firstly, the receiver operating curve (ROC) method did not provide any cut off value for CD as the curve was not different from the diagonal and the confidence interval of the area under the curve included 0.5 (0.40–0.77). Secondly, the ROC curve method was not appropriate as it does not take into account the time to relapse, in contrast with the proportional hazards model used to test the predictive value of calprotectin. Classical methods related to time to relapse should have been preferred.9

The assertion, both in the title and in the text, that calprotectin was a stronger predictive marker of relapse in UC than in CD was not statistically tested by the authors. This assertion probably came from the high value for the hazard ratio in UC, compared with that in CD, but these values are misleading because of the exponential transformation of the coefficient in the proportional hazard model. When roughly calculating these coefficients and their standard error, the figures are much less convincing. In the univariate analysis the results are 1.39 (0.76) for CD and 2.55 (0.75) for UC, and the comparison between these two estimates gives a p value of 0.28 (p = 0.15 with estimates from the multivariate analysis). These disappointing results may be the consequence of a lack of power due to the relatively small number of patients.

Another important point is that the analysis was based on the assumption that the biomarker is able to predict relapse with the same strength whether the relapse occurs early after evaluation or later during follow up. If this is true it means that the calprotectin level is a characteristic of the

References


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Author's reply

We thank Lemann and Mary for their comments on our article (Gut 2005;54:364–8). We appreciate their careful reading of the text, and their questioning of the validity of our study gives us a unique opportunity for further articulating our findings.

We agree that other methods could be used instead of the receiver operating curve (ROC) to assess a cut off value for calprotectin. As Lemann and Mary noted however, the chosen cut off value of 150 μg/g proved to be optimal in ulcerative colitis (UC) patients. In our opinion, no unique cut off value, however carefully chosen, could improve on the prediction of relapse in Crohn's disease (CD) patients. Perhaps assessment based on a continuous, rather than a binary, score might provide a somewhat better alternative. Evaluation of predictive models of time to relapse, if worthwhile, would require a larger sample size and it was beyond the scope of our study.

Also, we agree with Lemann and Mary that only calprotectin and CD activity index (CDAI) were found to be independently correlated with time to relapse in UC and CD, respectively. Nevertheless, the important role of smoking habit and UCAI should have been explicitly referred to as confounding. The proportionality of the hazard over time was evaluated to some extent as part of testing the interaction terms for all of the variables. As acknowledged in the letter, the power of this analysis was however limited.

We disagree with Lemann and Mary if they wish to downplay the remarkable difference between the diagnostic groups. Firstly, we strongly discourage using cut off values for coefficients from the univariate analysis. The conspicuous confounding effect of smoking and CDAI in CD patients makes the crude estimate for the coefficient associated with calprotectin >150 μg/g useless for making any meaningful inference. Secondly, comparing estimates from the multivariate models yielded a p value of 0.10, not 0.15 as reported in the letter. Given the relatively small sample size and the inherent lack of power, appropriately pointed out, such a p value should not be overlooked. Thirdly, it makes no difference to the p value whether hazard ratios or regression coefficients are compared, and we believe that the former is easier to interpret than the latter. Fourthly, the lack of power can certainly explain the fact that the sizeable hazard ratio of 2.2 in CD patients was not statistically significant. But the p value should not divert attention from the statistically meaningful effect and its confidence interval.

In conclusion, although our findings should not be considered definitive, they are highly suggestive of a calprotectin level >150 μg/g is predictive of relapse in CD and in UC, but is more effective in predicting relapse in UC.

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Conflict of interest: None declared.

References

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Conflict of interest: None declared.

BOOK REVIEWS

Surgical Pathology of the GI Tract, Liver, Biliary Tract and Pancreas


I thought this was a great bench book for surgical pathology of the gastrointestinal tract. The book was well up to date with recent molecular advances across a wide variety of pathologies. The images were excellent, sharp, representative colour photomicrographs. There was excellent handling of opportunistic infections and of inflammatory diseases, often not well represented in surgical pathology books, which often resemble tumour catalogues. There was good coverage of some areas neglected by many histology textbooks, including biliary cytology. The approach to many of the more difficult topics was mature, balanced, honest, and informative. Most of all, the book was concise, with scarce wasted words. All in all, highly recommended.

J J Boyle

The Inflammatory Bowel Disease Yearbook 2004


This is the second edition of an annual update on inflammatory bowel disease (IBD). Yearbooks are useful resources for quickly catching up with a wider range of information. This particular yearbook is recommended.

The ISBN is correct as well as giving coverage of the advances of the entire field in a year are therefore requisites for success. This yearbook is certainly concise and can be finished cover to cover within a Glasgow to London train trip. Six essays constitute the entire book, covering pathogenesis, clinical, molecular, and serological subtyping of Crohn's disease, nutritional therapy, surgical management, cancer in IBD, and osteoporosis. The essays are written conventionally and do not necessarily cover advances within the past year or two. Indeed, in some chapters there is a predominance of references from the 1990s or even earlier. Surgical management is superb and the chapter on cancer in IBD comprehensive.

The field of IBD is now replete with review articles and most of the topics chosen in this volume are already well served by review articles published within the last year. In addition, there are now at least four major textbooks focused on IBD and several monographs. Omission of the major advances in biological therapies and other potential targets of therapy is a significant one, and advances in this area are so rapid as to consider this to be a rolling topic each year.

A general gastroenterologist or even an internist might want to read this as a quick update on IBD but might fail to feel fully updated unless he acquires a volume each year. Many would focus on the excellent quality reviews now being regularly published in all leading gastroenterology journals. However, this volume is easy to read from cover to cover and would slip easily into one’s briefcase for portable reading. In future, this volume may better serve its purpose by publishing very short updates on a wider range of topics, strictly focusing on original papers published within the past two years.

S Ghosh

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