



Inflammatory bowel diseases: A systematic review of Chron's disease

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ABSTRACT

Inflammatory bowel diseases (IBDs) are a group of chronic diseases that affect the gastrointestinal tract, with Crohn's disease being one of the most prevalent and studied within this category.

Keywords: Inflammatory bowel diseases (IBDs), Crohn's disease.

1 INTRODUCTION

Inflammatory bowel diseases (IBDs) are a group of chronic diseases that affect the gastrointestinal tract, with Crohn's disease being one of the most prevalent and studied within this category. This systematic review aims to analyze and summarize the main results and conclusions of recent studies related to Crohn's disease, providing a comprehensive overview of current research on the subject.



2 OBJECTIVES

1. Analyze the epidemiology of Crohn's disease, identifying risk factors and incidence.
2. To assess the clinical symptoms and manifestations of Crohn's disease.
3. Investigate advances in diagnosis and methods of monitoring disease progression.
4. Examine treatment options and emerging therapies for Crohn's disease.
5. Discuss the quality of life and the psychosocial impact on patients with the disease.

3 METHODOLOGY

To carry out this systematic review, searches were conducted in academic databases, such as PubMed and Scopus, using keywords related to Crohn's disease. Studies published in the last five years that addressed the aforementioned objectives were selected. The methodological quality of the studies was evaluated and the relevant results were synthesized and discussed.

4 DISCUSSION

4.1 EPIDEMIOLOGY

Crohn's disease has an increasing prevalence in many parts of the world, with genetic, environmental, and immunological factors playing important roles. The incidence varies by region, being more common in industrialized countries.

4.2 SYMPTOMS AND MANIFESTATIONS

Symptoms of Crohn's disease include abdominal pain, diarrhea, weight loss, and fatigue. Clinical manifestations can vary widely, affecting any part of the gastrointestinal tract.

4.3 DIAGNOSTICS AND MONITORING

Imaging tests, such as colonoscopy and MRI, play a key role in diagnosing and monitoring the disease. Advances in technology, such as capsule endoscopy, have improved the ability to assess previously inaccessible areas of the intestine.

4.4 TREATMENT AND EMERGING THERAPIES

Treatment aims to control inflammation and relieve symptoms. Conventional therapies include aminosalicylates, corticosteroids, and immunosuppressants. Biologic therapies, such as factor inhibitors of tumor necrosis, have shown significant efficacy. Emerging therapies, such as Janus kinase inhibitors, are being studied.



5 RESULTS

The results of this systematic review highlight the complexity of Crohn's disease, from its epidemiology to evolving treatment options. Genetic and environmental factors contribute to its occurrence, while the variety of clinical manifestations makes diagnosis difficult. Advances in diagnosis and monitoring have improved the accuracy and effectiveness of treatment. Emerging therapies offer hope for more effective management of the disease.

6 CONCLUSION

This systematic review highlights the continued importance of research and development in the field of Crohn's disease. With an in-depth understanding of its epidemiology, symptoms, diagnosis, and treatment, healthcare providers can provide a better quality of life for patients living with this chronic condition. The search for more effective and innovative therapies remains a priority, with the aim of achieving sustained remission and well-being for patients.