

염증성 장질환의 진단과 치료

Diagnosis and Treatment of Inflammatory Bowel Disease

1

Hyo Jong Kim, M.D.

Department of Internal Medicine

Kyung Hee University College of Medicine & Hospital

E - mail : hjkim@khmc.or.kr

가

Abstract

Inflammatory bowel disease (IBD) comprises a group of idiopathic diseases of the intestine characterized by chronic inflammation of the bowel with periods of exacerbation and remission. The two major categories of IBD are ulcerative colitis and Crohn's disease, and each disease is distinct both clinically and histologically. The exact cause of IBD remains unknown, but several theories have been proposed. Primary care physicians are frequently confronted with the initial diagnosis and management of patients with IBD, and medical treatment options have rapidly expanded in recent years. This article reviews clinical presentations that are essential to establish a diagnosis in this complex disease and the treatment options available.

Keywords : Inflammatory bowel disease; Ulcerative colitis; Crohns disease; Diagnosis; Treatment

(1).

1986 ~

| | | | |
|------|-------|-------------|--------|
| 2001 | 10 | 1.00 | , 2001 |
| 10 | 14.51 | | 가 |
| | | 1986 ~ 2001 | |
| 10 | 0.35 | | , 2001 |
| 10 | 5.30 | | |

가 . 1986~2001 , , , .
 2.9:1 , 1/3
 2001 2.7:1 . 10%
 가
 1986~1989 14 1998~2001 .
 2.1
 가 (2, 3). 2.
 1. CRP, ESR (acute phase reac-
 tant)
 (antineu-
 trophil cytoplasmic antibody ; ANCA)가
 2/3
 p - ANCA가 2/3
 (4). ASCA(anti - Saccharomyces cervisiae
 antibody) ASCA + /pANCA -
 1) 80%가 , ASCA - /pANCA +
 63.6%가 가
 가 (6).
 3.
 1)
 2) , 1/3
 , 3/4
 가 가 , 1/4

가
(friability)

가
가
가

(cobblestone appearance)
가 가
(7).

가 (7).

5 -

2)

1.5 -

Sulfasalazine 40

가

steroid

Sulfasalazine 가 5 -
(5 - aminosalicyclic acid, 5 - ASA)

5 - ASA

5 - ASA

, azo -

가

bond

가

balsalazide/olsalazine

S

asacol salofalk

, 5 - ASA

(railroad - tract appearance)

Pentasa
 5 - ASA
 mesalamine, mesalazine 60 mg
 (8).
 5 - ASA 7~10
 5 - ASA (11, 12).
 가
 sulfasalazine 4 g
 가 30~40% 4 g
 sulfapyridine 가
 5 - ASA sulfasalazine 12 g
 4.8 g 가
 가 (9).
 5 - ASA
 , 5 - ASA
 가
 , 5 - ASA
 가 , ,
 5 - ASA
 가 . 5 - 가
 ASA
 (10).
 2. (corticosteroids) 5 - ASA (6 - MP) 30
 가
 5 - ASA
 가
 3. azathioprine 6 - mercaptopurine
 (6 - MP) 30

(15, 16).

TNF - alpha

가 (17, 19)

3

가

10%

5 mg/kg 2 1

25%

2, 6

10~15%

가가

가

4. Anti - TNF alpha

가

TNF - alpha(Tumor necro-

가

sis factoralpha) (;

)가 (20). TNF - alpha

5.

(Probiotics)

가

(24).

TNF - alpha

(25). Metronidazole

가

2

, 4

가

(pouchitis)

5 mg/kg

4

81%

(21, 23).

가

(26).

가

가

(microflora)

1. Podolsky DK. Inflammatory bowel disease. *N Engl J Med* 2002 ; 347 : 417 - 29
2. . 2002 ; 40 : 1 - 14
3. . 2003 ; 41 : 15 - 25
4. . *Intest Res* 2003 ; 1 : 106 - 10
5. . 2003 ; 41 : 15 - 25
6. Peeters M, Joossens S, Vermeire S, Vlietinck R, Bossuyt X, Rutgeerts P. Diagnostic value of anti - *Saccharomyces cerevisiae* and antineutrophil cytoplasmic autoantibodies in inflammatory bowel disease. *Am J Gastroenterol* 2001 ; 96 : 730 - 4
7. Chutkan RK, Scherl E, Wayne JD. Colonoscopy in inflammatory bowel disease. *Gastrointest Endosc Clin N Am* 2002 ; 12 : 463 - 83
8. . : 5 - ASA . *Intest Res* 2003 ; 1 : 83 - 90
9. Cohen R, Woseth DM, Thisted RA, Hanauer SB. A Meta - analysis and overview of the literature on treatment options for left - sided ulcerative colitis and ulcerative proctitis. *Am J Gastroenterol* 2000 ; 95 : 1263 - 76
10. Sandborn WJ. Rational selection of oral 5 - aminosalicylate formulations and prodrugs for the treatment of ulcerative colitis. *Am J Gastroenterol* 2002 ; 97 : 2939 - 41
11. . : . *Intest Res* 2003 ; 1 : 90 - 5
12. Faubion WA Jr, Loftus EV Jr, Harmsen WS, Zinsmeister AR, Sandborn WJ. The natural history of corticosteroid therapy for inflammatory bowel disease : a population - based study. *Gastroenterology* 2001 ; 121 : 255 - 60
13. Danielsson A, Lofberg R, Persson T. A steroid enema, budesonide, lacking systemic effects for the treatment of distal ulcerative colitis or proctitis. *Scand J Gastroenterol* 1992 ; 27 : 9 - 12
14. Greenberg GR, Feagan BG, Martin F, Sutherland LR, Thomson AB, Persson T, et al. Oral budesonide as maintenance treatment for Crohn's disease : a placebo - controlled, dose - ranging study. Canadian Inflammatory Bowel Disease Study Group. *Gastroenterology* 1996 ; 110 : 45 - 51
15. . 2002 ; 40 : S66 - S71
16. . *Intest Res* 2003 ; 1 : 5 - 18
17. Fraser AG, Orchard TR, Jewel DP. The efficacy of azathioprine for the treatment of inflammatory bowel disease. *Gut* 2002 ; 50 : 485 - 9
18. Present DH, Melzer SJ, Krumholz MP, Wolke A, Korelitz BI. 6 - Mercaptopurine in the management of inflammatory bowel disease : short and long - term toxicity. *Ann Intern Med* 1989 ; 111 : 641 - 9
19. Seidman EG. 6 - Mercaptopurine in maintaining remission in

-
- Crohn's disease : An old friend becomes a new hero. *Gastroenterology* 2000 ; 119 : 1158 - 60
20. 2002 ; 40 ; 219 - 27
21. van Dullemen HM, van Deventer SJ, Hommes DW, Bijl HA, Jansen J, Woody, et al. Treatment of Crohn's disease with anti - tumor necrosis factor chimeric monoclonal antibody (cA2). *Gastroenterology* 1995 ; 109 : 129 - 35
22. Targan SR, Hanauer SB, van Deventer SJ, Mayer L, Present DH, Rutgeerts PJ, et al. A short - term study of chimeric monoclonal antibody cA2 to tumor necrosis factor alpha for Crohn's disease. Crohn's Disease cA2 Study Group. *N Engl J Med* 1997 ; 337 : 1029 - 35
23. Present DH, Rutgeerts P, Targan S, Hanauer SB, Mayer L, van Deventer SJ, et al. Infliximab for the treatment of fistulas in patients with Crohn's disease. *N Engl J Med* 1999 ; 340 : 1398 - 405
24. Sutherland L, Singleton J, Sessions J, Hanauer S, Krawitt E, Kelly M, et al. Double blind, placebo controlled trial of metronidazole in Crohn's disease. *Gut* 1991 ; 32 : 1071 - 5
25. Turunen UM, Farkkila MA, Hakala K, Seppala K, Sivonen A, Miettinen TA. Long - term treatment of ulcerative colitis with ciprofloxacin : a prospective, double - blind, placebo - controlled study. *Gastroenterology* 1998 ; 115 : 1072 - 8
26. Gionchetti P, Rizzello F, Venturi A, Brigidi P, Matteuzzi D, Campieri M. Oral bacteriotherapy as maintenance treatment in patients with chronic pouchitis : a double - blind, placebo - controlled trial. *Gastroenterology* 2000 ; 119 : 305 - 9