

Questions and Answers

1. Which of the following statements is correct with regard to microscopic colitis?
 - a. It equally affects men and woman.
 - b. It is usually diagnosed in patients >60 years of age.
 - c. Is always a chronic disease.
 - d. Is associated with peripheral eosinophilia

Answer: b

Microscopic colitis is more prevalent in woman and is diagnosed more frequently in the age group over 60 years. Although relapses after treatment with budesonide are often encountered, the disease course is often mild and self-limiting in the long term. Peripheral eosinophilia is not a component of microscopic colitis

2. Features of ischemic colitis include:
 - a. More often involves the left side of the colon.
 - b. Requires surgical management in most cases.
 - c. Can be precipitated by metformin.
 - d. Often includes the rectum

Answer: a

Ischemic colitis is more often seen in the left side of the colon. Patients with involvement of this part of the colon generally have a mild disease course that can be managed

conservatively and by discontinuing the offending medications affecting blood pressure, blood flow or coagulation. Unlike ulcerative colitis, the rectum is rarely involved. Although medications do cause colitis, metformin is not incriminated. Only about 20% of the patients need surgical management.

3. Medication-induced colitis:
 - a. Is characterized by specific histological changes.
 - b. Can induce specific types of colitis.
 - c. Rarely involves the rectum.
 - d. Is not seen with gold therapy.

Answer: b

Medication-induced colitis might be the most prevalent cause of diarrhea in the elderly. The pathogenesis and thus the histological findings vary according to the specific drug involved. Endoscopy is often normal, and histological examination of colonic biopsies can be normal. However, often eosinophilia is found. These changes can also be seen in other types of colitis. Certain drugs may induce specific types of colitis. Thus, NSAIDs can precipitate microscopic colitis, diverticular colitis and inflammatory bowel disease (IBD). Gold therapy is capable of inducing colitis, which can be dominated by mucosal infiltration of eosinophils and peripheral eosinophilia.

