

Epidemiologic Trends of IBD in Asia-Pacific Region

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The epidemiology of inflammatory bowel disease (IBD) in the Asia-Pacific region is undergoing dynamic changes. While the disease incidence and prevalence may have stabilized in high-incidence areas in the West, the numbers in the Asia-Pacific region are rapidly rising. This epidemiological change is likely related to the westernization of diet and lifestyle, and improved hygiene as part of the socioeconomic growth. Although the clinical manifestations of IBD in Asia largely resemble the Western population, comparing the epidemiology has highlighted several key areas of divergence, including different rates of family clustering, ileo-colonic and perianal manifestations, surgical operations and extra-intestinal manifestations. Studying the epidemiology of IBD in this dynamic area has allowed us to gain insight into the aetiology and risk factors of the disease. In this sharing, I will highlight key findings regarding the on-going epidemiological trends of IBD in this exciting part of the world.