

[Saudi Med J](#). 2009 Apr;30(4):537-40.

Inflammatory bowel disease in the Western Saudi Arabia.

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Abstract

OBJECTIVE:

To observe the pattern of inflammatory bowel diseases (IBD) among the people of Western region of Saudi Arabia, and to correlate the findings with published data.

METHODS:

This is a retrospective study. All colonic biopsies were reviewed which were received, and processed at the Histopathology Department of King Abdul-Aziz University Hospital, Jeddah, Kingdom of Saudi Arabia, from January 2002 to July 2007. Ethical approval was obtained from the Bioethical and Research Committee.

RESULTS:

There were 711 colonic biopsies received during this period. One hundred and twenty-two patients were diagnosed with ulcerative colitis (UC). There were 65 males and 57 females. The age ranged between 4-73 years. Most of the UC patients presented in adolescence, and in the adult age. Crohn's disease (CD) was diagnosed in 15 patients, 7 males and 8 females. The age ranged from 1-40 years. Most of the cases were seen in the adult age group.

CONCLUSION:

We conclude that IBD is certainly one of the major serious colonic lesions in our society, which should be thoroughly investigated by the combined efforts of clinicians and pathologists. We also conclude that

gastrointestinal tuberculosis and infective colitis should always be investigated before suggesting the specific diagnosis of IBD. We recommend a broad based epidemiological study, simultaneously involving clinicians, and pathologists, to document the characteristics of this disease in our society.