2021.STRIDENT

RCT OL/ ADA +/-AZA/CD strictures

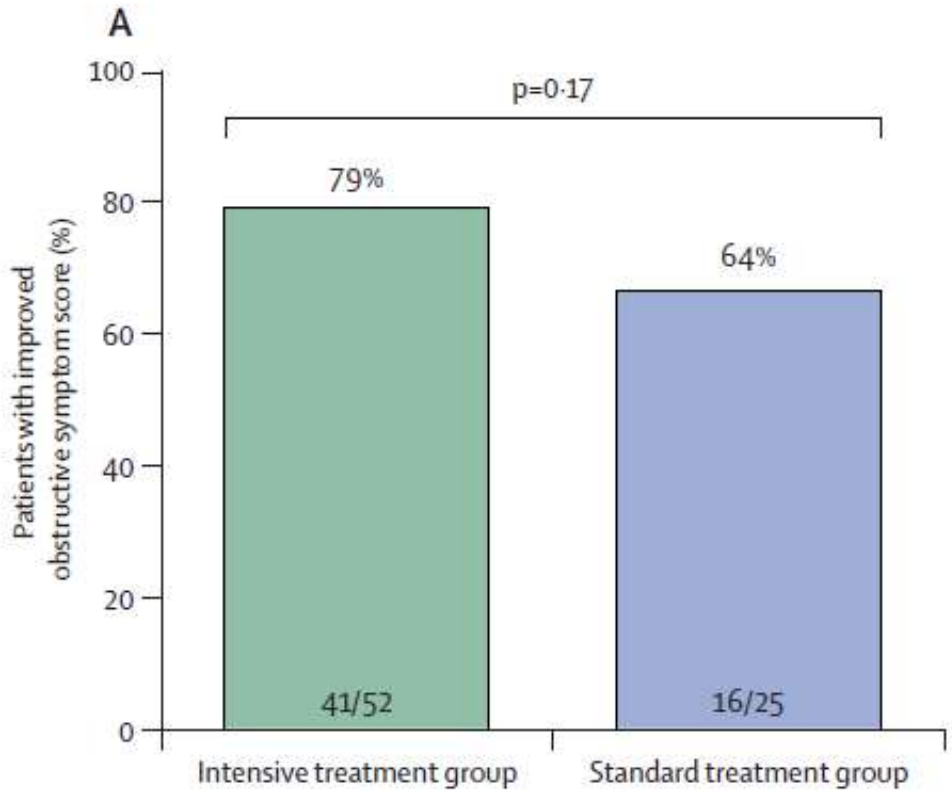
Intensive drug therapy versus standard drug therapy for intestinal Crohn´s disease strictures (STRIDENT): an open label, single centre, randomized control trial

Open-label, single-centre, randomised controlled trial.
CD patients with de novo or postoperative anastomotic intestinal stricture on MIR or ileocolonoscop, symptoms consistent with chronic or subacute intestinal obstruction & evidence of active intestinal inflammation. Randomised to: Adalimumab high dose (160mg ew for 4w and then 40 mg eow(plus escalation at 4 and 8 months if active inflammation) + azathioprine vs ADA standard dose

Coprimary endpoints : Improvement in the 14-day obstructive symtom score at 12 months by 1 or more points compared to baseline

Results:
- At 12 months, improvement in obstructive symptoms 79% in the intensive treatment vs 64% in standard, p=0.17)
- Treatment failure 10% intensive treatment vs 28% standard, p=0.045

Conclusions:
Treat to target therapy intensification resulted in less treatment failure, a reduction in stricture-associated inflammation, and greater improvement in stricture morphology, although these differences were not significantly different from standard therapy.



Schulberg JD et al. Lancet. 2021; 7(4): 318-331