2006. EEN vs steroids

RCT/EEN /CD /Induction

Polymeric Diet Alone Versus Corticosteroids in the Treatment of Active Pediatric Crohn's Disease: A Randomized Controlled Open-Label Trial

Prospective 10-week open label trial, pediatric naïve-CD with active disease were randomized to orally polymeric formula alone or oral corticosteroids.

Primary endpoint: Clinical remission and mucosal healing w10

Results: N=37

- At w10: polymeric 79% vs corticosteroids 67%, p=0.4
- Mucosal healing w10: polymeric 74% vs 33% corticosteroids, p<0.05

Conclusion:

In children with active and recently diagnosed CD, a short course of polymeric diet is more effective than corticosteroids in inducing healing of gut inflammatory lesions.

Table 2. PCDAI, Serum Variables, Endoscopic and Histologic Scores Before and After Treatment in Patients Who Completed the Trial

	Polymeric Group (n = 17)			CS Group (n = 15)		
Variables	Pretrial	Posttrial	*P* value	Pretrial	Posttrial	*P* value
Weight, *kg*	30.0 ± 2.9	34.7 ± 3.1	<.01	33.9 ± 3.3	37.1 ± 3.2	<.05
Height, *cm*	133.4 ± 4.6	135.7 ± 4.6	<.01	138.3 ± 5.7	139.8 ± 5.7	<.01
BMI, *kg/cm²*	16.3 ± .5	18.5 ± .6	<.01	17.2 ± .6	19.3 ± .8	<.01
PCDAI	38.1 ± 2.4	6.53 ± 1.4	<.001	35.5 ± 2.5	7.5 ± 1.6	<.001
CRP level, *mg/L*	10.4 ± 1.4	2.0 ± .4	<.001	11.9 ± 1.6	2.2 ± .6	<.001
ESR, *mm/h*	43.8 ± 4.0	18.3 ± 4.1	<.001	48.1 ± 4.6	20.7 ± 4.9	<.001
Albumin level, *g/100 mL*	3.04 ± .1	4.1 ± .1	<.001	2.9 ± .1	3.7 ± .1	<.001
CDEIS	12.9 ± .8	5.9 ± .5[a]	<.001	12.7 ± .9	9.8 ± 1.3	NS
Histologic score						
Ileum	10.4 ± .4	3.8 ± .5[b]	<.001	11.0 ± .4	9.6 ± .7	NS
Colon	10.7 ± .5	4.6 ± .4[c]	<.001	11.1 ± .5	8.8 ± .9	NS

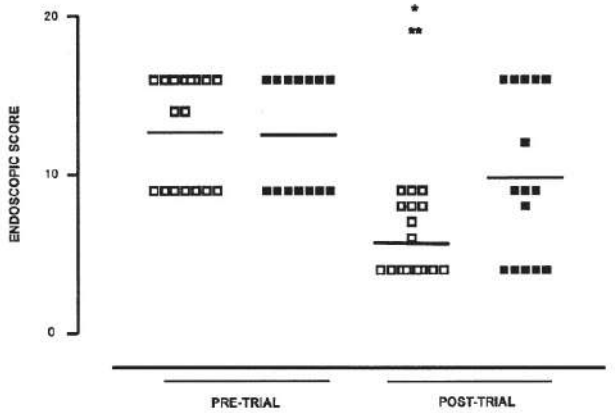

Figure 3. Crohn's Disease Endoscopic Index of Severity scores in the 2 groups of patients at baseline and at the follow-up evaluation (10 weeks after the beginning of therapy). *$P < .001$ vs CS group. **$P < .001$ vs baseline. Horizontal bars indicate mean value. □, Polymeric group; ■, CS group.

Borrelli O et al. Clin Gastroneterol Hepatol. 2006; 4:744-753