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## Quality of life and nutritional status of patients with inflammatory bowel disease

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The malnutrition has been recognized as an important clinical problem among patients with inflammatory bowel disease (IBD). In this study, we investigated the association between nutritional status and quality of life (QL) of patients with IBD.

The study involved a patients with IBD (n=43), aged 19-74 ( $35,5 \pm 14,3$ ): 40% of women and 60% of men. To assess the nutritional status anthropometric measurements were used. The amount of body fat content and fat free mass was evaluated by dual-energy x-ray absorptiometry DXA (Lunar Prodigy, GE Healthcare). QL was determined by the IBD questionnaire (IBDQ) developed at McMaster University in Canada.

BMI index indicated underweight ( $BMI < 18,5 \text{ kg/m}^2$ ) in 23% (n=10) of patients and the risk of underweight ( $BMI: 18,5-20 \text{ kg/m}^2$ ) in 12,6% (n=5). Total score of QL (higher score signifies a higher QL) was  $155,8 \pm 41,2$  (32-224 points). It was not found statistical significant differences in QL according to BMI, but it indicated the tendency of lower QL of people with  $BMI < 20 \text{ kg/m}^2$ . There was the statistical differences in QL between men and women ( $p < 0,05$ ). The OR adjusted for age, for the lower QL (<MED) was 0,2 (95%CI:0,04; 0,8  $p < 0,05$ ) in the group of patients with BMI ranged 20,0-25,0  $\text{kg/m}^2$ . The OR for the lower QL of patients with  $BMI \geq 25,0 \text{ kg/m}^2$  was 0,8 (95%CI:0,2; 3,9;  $p < 0,05$ ).

Malnutrition among IBD patients is frequent. QL is generally lower among women compared to men and in patients with underweight or risk or underweight compared to correct body weight or overweight. Nutritional status characterized by lower BMI was favorable to lower QL.

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