

Higher visceral adipose tissue may need higher infliximab levels for IBD remission

November 15 2023, by Lori Solomon



Patients with inflammatory bowel disease (IBD) and high visceral

adipose tissue (VAT) may have more difficulty achieving higher infliximab levels necessary to achieve remission, according to a study published in the November issue of the *American Journal of Gastroenterology*.

Andres J. Yarur, M.D., from Cedars Sinai Medical Center in Los Angeles, and colleagues assessed whether VAT burden may be associated with [infliximab](#) cutoffs associated with efficacy in patients with IBD. The analysis included 142 patients with IBD receiving maintenance infliximab therapy.

The researchers found that the optimal trough levels of infliximab cutoffs associated with steroid-free deep [remission](#) and endoscopic remission were 3.9 µg/mL (Youden Index [J], 0.52) for patients in the lowest two VAT quartiles (

Citation: Higher visceral adipose tissue may need higher infliximab levels for IBD remission (2023, November 15) retrieved 12 May 2024 from <https://medicalxpress.com/news/2023-11-higher-visceral-adipose-tissue-infliximab.html>

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