



PUMS

POZNAN UNIVERSITY  
OF MEDICAL SCIENCES

Dear IBD National Study Group Representatives,

Dear ECCO Community,

Dear Colleagues,

In Inflammatory Bowel Disease (IBD), there are many risk factors of low bone mineral (BMD), including chronic inflammation, malabsorption, malnutrition, female sex, advanced age, low BMI (body mass index), smoking or low physical activity. The patients with Crohn's disease have a higher risk of low BMD when compared with patients with ulcerative colitis. Moreover, the impact of medicines used in IBD is different – for example: corticosteroids are known to negatively affect bone architecture since they inhibit the function of osteoblasts. On the other hand, certain drugs used in IBD therapy may have a bone-protective effect. Infliximab positively affects bone turnover markers in CD patients in the short term. Therefore, the course of disease also may affect BMD. Localisation of inflammation influences absorption, including vitamin D absorption. Additionally, disease exacerbation leads to decreased food intake, which may cause nutritional deficiencies. Inflammation increases nutrient requirements and protein loss.

This study aims to improve our knowledge on the frequency and consequences of low BMD in IBD and may allow for the development of new criteria for screening for low BMD in patients with IBD.

With this letter, we would like to invite all interested European IBD centres and study groups to collaborate on this topic in a retrospective, multicentre study.

The protocol of this study has been presented and reviewed at the 10<sup>th</sup> national Study Group Meeting.

Who can collaborate?

Participation is open to all IBD centres, who has retrospective data of IBD patients referring to bone mineral density and clinical data (according to study protocol).

If you are interested in collaborating with this study, please contact [aratajczak@ump.edu.pl](mailto:aratajczak@ump.edu.pl) by 30.05.2026. Please also forward this email to other INB Centers in your country. We hope presented collected data at the ECCO congress and a full manuscript shortly thereafter. The author list will take into account the number of patients included in the study and the authorship policy of target journal.

Looking forward to your collaboration,

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