

Correspondence

Restorative proctocolectomy with ileal reservoir

To the Editor

I read with interest the retrospective study of restorative proctocolectomy with ileal reservoir by Rahman and Shihed.¹ The study was clear, informative and factual, which provides useful information to clinicians in the Middle East. I was impressed to know that this major operation being carried out in our area had such good results. Ibister² published his experience with the same procedure in the Saudi Journal of Gastroenterology. He reported 30 cases of extended J-pouch with good results. Twenty were mucosal ulcerative colitis (MUC) and 7 were familial adenomatous polyposis (FAP). The section of Colorectal Surgery at King Faisal Specialist Hospital and Research Centre (KFSH&RC), Riyadh, Kingdom of Saudi Arabia is still doing the same procedure at least once every 3-6 months using the same technique. My query is about how common is the incidence of MUC and FAP in your area. That is very important to us, and it is nice to compare it with our area as well. Inflammatory bowel disease is uncommon in Arabs at the Gulf region. Between 1975 and 1994, 101 Gulf Arabs were managed at the KFSH&RC with MUC, Crohn's disease or indeterminate colitis. Of these 101 patients, 67 were thought to have MUC and these 14 were managed surgically.³ We have no published data on FAP in our area at all, but it seems to be rare and present in few families.

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Reply from the author

I received with thanks the comments of Dr. Alaa S. Abdul Jabbar. I do agree that inflammatory bowel disease (IBD) is uncommon in our region. I do recall when I was a student in Baghdad Medical College, Baghdad, Iraq (1963-1969) that ulcerative colitis (UC) was a very rare disease. In the last 25 years, IBD has become increasingly more common. I will give you an example of the patients diagnosed and treated in our Gastroenterology and Hematology Center, Baghdad, Iraq. In the year 2002, 83 new cases were diagnosed as UC, 28 were grade III and 2 were grade IV. Up to August 2002, 60 new patients were diagnosed with ulcerative colitis, 18 were grade III, 4 were grade IV. One point of consideration, the severity is usually not related to long history. We perform this operation in the order of 3 operations every 2 months. Definitely, the incidence of IBD is increasing, most probably due to a change in environment, diet and the style of life.

I think we must prepare ourselves for these diseases and to treat them as early as possible to prevent complications.

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