

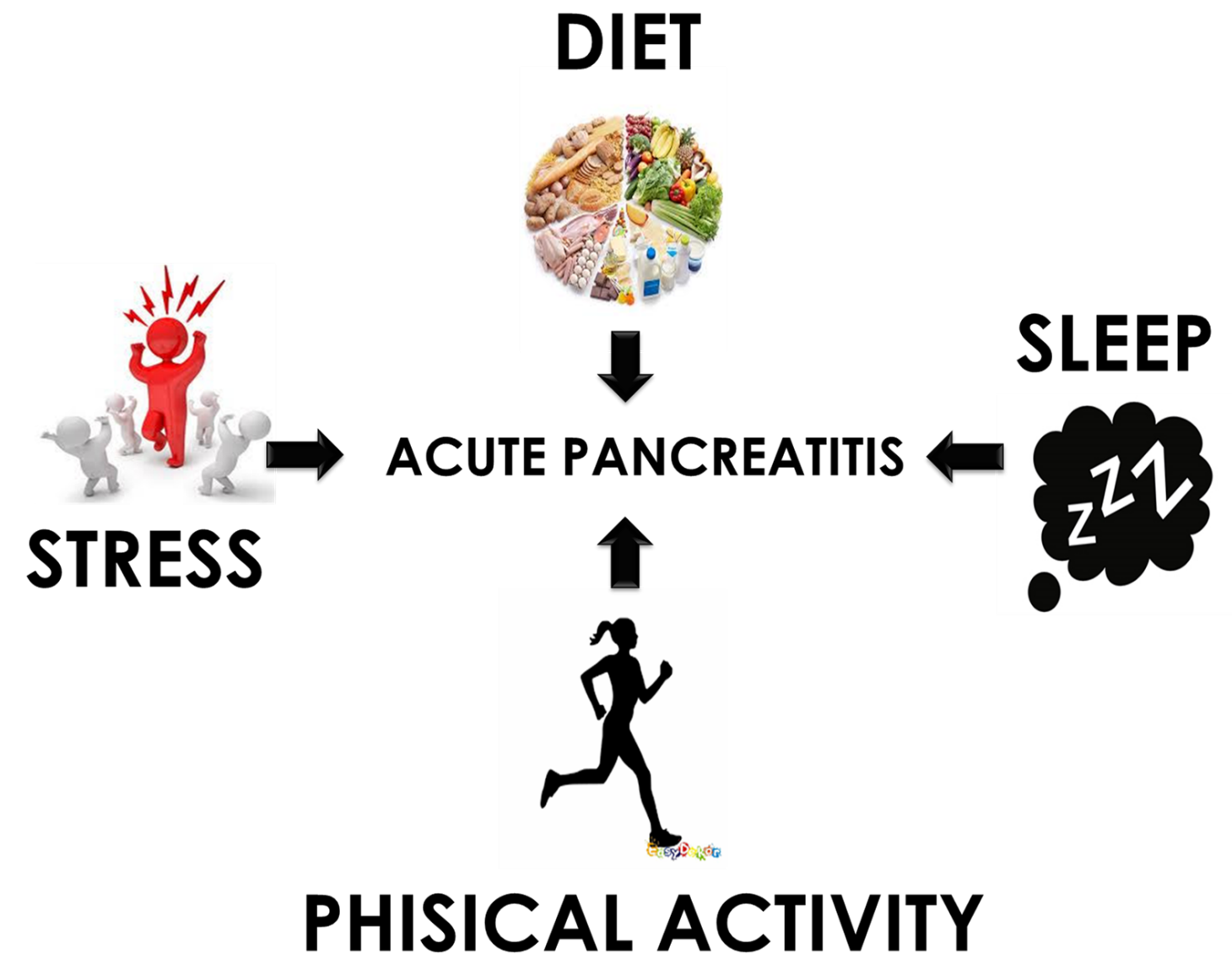


Lifestyle, prevention and risk of acute pancreatitis

14th november 2023

Background

- Unhealthy **lifestyle behaviors are risk factors** for non-communicable diseases and death¹.
- **Acute pancreatitis** is potentially severe or fatal and has several **preventable** lifestyle risk factors (alcohol, smoking, obesity)².
- **No specific evidence-based recommendations in the guidelines** for diet and other lifestyle risk factors to avoid AP or improve the outcome.



1. OECD Global Burden of Disease 2019
 2. Mederos MA, Acute Pancreatitis. JAMA. 2021

Clinical question 1:

What are the lifestyle risk factors for the development of acute pancreatitis?

- P: Adults
- E: AP
- C: No AP
- O: Lifestyle risk factors (prevalence)

Hypothesis: Prevalence of lifestyle risk factors are higher in the group with AP.

Clinical question 2:

What are the lifestyle risk factors for severe outcome in acute pancreatitis?

- P: AP patients
- E: Lifestyle risk factors
- O: Severity, mortality, complications

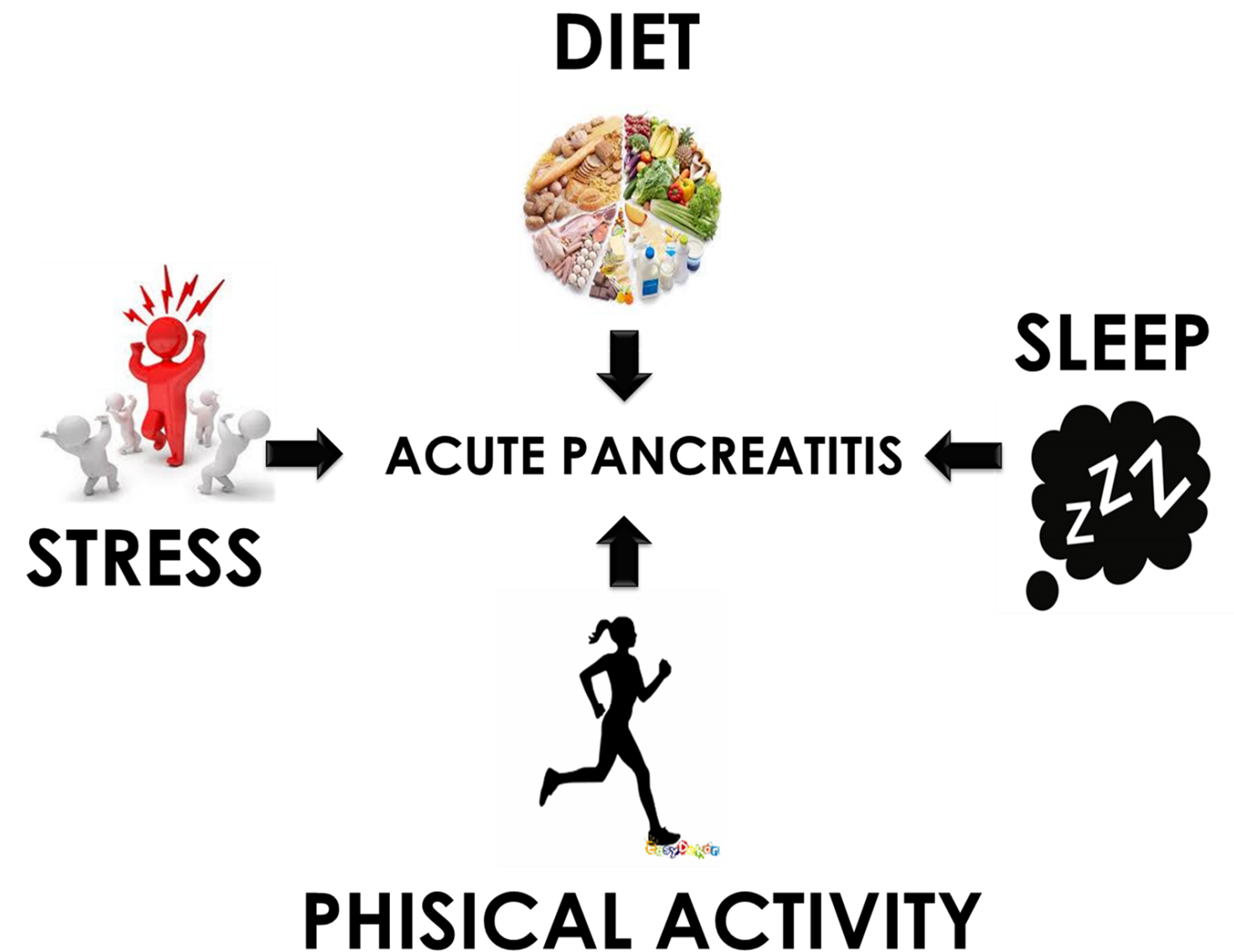
Hypothesis: Lifestyle risk factors are associated with a more severe outcome of AP.

Aim

To reveal associations between AP and lifestyle factors

Clinical importance

Lifestyle recommendations for patients to **reduce the risk for AP** and the **risk of severe outcome of AP**



METHODS

Multicentre, observational, case-control study

GROUPS

- Case group: patients suffering from AP
- Control group: no AP in medical history
 - Hospitalized
 - Etiology-based
 - Population-based

QUESTIONNAIRES

- Validated, widely used questionnaires on **socioeconomic factors, dietary habits, physical activity, chronic stress and sleep quality** covering
 - 1 year preceeding the enrollment (1st part) and
 - Changes in the past month (2nd part)
- **Details of the AP episode** (etiology, complications, etc.) for the case group

METHODS

INCLUSION

Cases

- 500 biliary
- 500 alcohol-induced
- 200 hypertriglyceridemia-induced
- 500 other etiologies

Controls

Etiology-based

- 500 biliary patients
- 500 alcohol consumers
- 200 hypertriglyceridemic patients

Population-based

- 500

Hospital-based

- 500

EXCLUSION

- No informed consent
- Age under 18 years

Cases

- No AP diagnosis (2/3)
- Previous inclusion

Controls

- Pancreas disease currently or in the history
- Patients under cancer treatment
- Susp. cancer patients with considerable weight loss

CENTRES

- University of Pécs, Pécs, Hungary
- Semmelweis University, Budapest, Hungary
- University of Szeged, Szeged, Hungary
- Szent György Hospital, Székesfehérvár, Hungary
- Mures County Emergency Hospital, Targu Mures, Romania

Study protocol

BMJ Open

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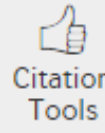
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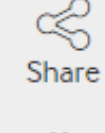
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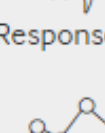
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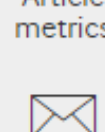
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LIFESStyle, Prevention and Risk of Acute PaNcreatitis (LIFESPAN): protocol of a multicentre and multinational observational case–control study

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Abstract

Introduction Acute pancreatitis (AP) is a life-threatening inflammatory disease of the exocrine pancreas which needs acute hospitalisation. Despite its importance, we have significant lack of knowledge whether the lifestyle factors elevate or decrease the risk of AP or influence the disease outcome. So far, no synthesising study has been carried out examining associations between socioeconomic factors, dietary habits, physical activity, chronic stress, sleep quality and AP. Accordingly, LIFESPAN identifies risk factors of acute pancreatitis and helps to prepare preventive recommendations for lifestyle elements.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6955557/>