

Inflammatory Bowel Disease and Parkinson's Disease: A Nationwide Swedish Cohort Study

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Background: Few studies have examined the association between inflammatory bowel disease (IBD) and Parkinson's disease (PD).

Methods: To estimate the incidence and relative risk of PD development in a cohort of adult IBD, we included all incident IBD patients (n = 39,652) in the Swedish National Patient Register (NPR) between 2002 and 2014 (ulcerative colitis [UC]: n = 24,422; Crohn's disease [CD]: n = 11,418; IBD-unclassified [IBD-U]: n = 3812). Each IBD patient was matched for sex, age, year, and place of residence with up to 10 reference individuals (n = 396,520). In a cohort design, all incident PD occurring after the index date was included from the NPR. In a case-control design, all incident PD occurring before the index date was included. The association between IBD and PD and vice versa was investigated by multivariable Cox and logistic regression.

Results: In IBD, there were 103 cases of incident PD, resulting in hazard ratios (HRs) for PD of 1.3 (95% confidence interval [CI], 1.0–1.7; P = 0.04) in UC, 1.1 (95% CI, 0.7–1.7) in CD, and 1.7 (95% CI, 0.8–3.0) in IBD-U. However, these effects disappeared when adjusting for number of medical visits during follow-up to minimize potential surveillance bias. In a case-control analysis, IBD patients were more likely to have prevalent PD at the time of IBD diagnosis than matched controls, with odds ratios of 1.4 (95% CI, 1.2–1.8) in all IBD patients, 1.4 (95% CI, 1.1–1.9) for UC, and 1.6 (95% CI, 1.1–2.3) for CD patients alone.

Conclusions: IBD is associated with an increased risk of PD, but some of this association might be explained by surveillance bias.

Key Words: inflammatory bowel disease, Parkinson's disease, population-based cohort

INTRODUCTION

Inflammatory bowel disease (IBD), that is, Crohn's disease (CD) and ulcerative colitis (UC), is a chronic condition affecting all ages.^{1,2} The disease is characterized by a remitting

and relapsing course of abdominal pain, diarrhea, rectal bleeding, and weight loss.³ Medical treatment aims to relieve and prevent gastrointestinal inflammation and consists of mesalamine compounds, corticosteroids, immunomodulators, and biologics targeting cytokine signaling pathways.⁴ The highest

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prevalence and incidence of IBD are traditionally found in countries of the Western world; however, during the last decades, a dramatic increase has also been observed in newly industrialized countries, and worldwide some 5 million people are believed to have IBD.^{5,6}

IBD has a complex etiology resulting from impaired regulation of intestinal mucosal immune responses in genetically susceptible individuals.³ Genome-wide association studies (GWAS) have identified more than 200 loci associated with IBD,^{7,8} some of which have also been associated with Parkinson's disease (PD).⁹ PD is a neurodegenerative disorder characterized by cardinal motor features of bradykinesia, rigidity, rest tremor, and postural instability. Nonmotor features, including constipation, depression, anxiety, and cognitive decline may also be present. A majority of the patients are diagnosed between 65 and 70 years of age, and it is estimated that 1% of the population older than age 60 years is affected by PD.¹⁰

Specifically, mutations in the leucine-rich repeat kinase 2 (*LRRK2*) gene, involved in the regulation of the immune system and recently associated with IBD,^{7,11,12} have been recognized as a major risk factor for the development of PD.¹³ Moreover, the P268S variant in the *NOD2* gene has also been associated with development of sporadic PD and CD.^{14,15} In addition, variation in the HLA-DPA1 gene has been reported in both IBD and PD patients.^{16,17} PD and IBD also share potential features in terms of pathogenesis and risk factors of disease development. Tumor necrosis factor- α (TNF- α) and interleukin 1 β are cytokines of great importance in the inflammation process of IBD and have been implicated in PD as well, with anti-TNFs being used with success in the treatment of UC and CD.^{18–20}

Further understanding of the mechanisms and association between the diseases could eventually lead to revelations of new targets for interventions that may modulate the incidence and/or disease course. However, despite accumulating evidence providing common biological mechanisms involved in the development and pathogenesis of IBD and PD, limited and conflicting data exist on the clinical co-occurrence of IBD and PD.^{21–23} Previous studies investigating the possible association between IBD and PD have been based on administrative claims databases and are therefore not representative of the general IBD population. Hence, the aim of this study was to estimate the incidence of PD in overall IBD and subtypes as compared with the general population in a Swedish nationwide population-based cohort. A secondary aim was to estimate the association between PD and later IBD in a case-control design.

METHODS

Study Design

We investigated the association between IBD and subsequent PD in a cohort study design consisting of a nationwide cohort of IBD patients. In a case-control design, consisting of all Swedish IBD patients and matched general population

controls, we assessed the odds ratio (OR) for being exposed to PD before IBD.

Data Sources

All Swedish inhabitants since 1947 have received a unique personal identification number at birth or upon immigration.²⁴ Using the personal identification number, we linked data from national and virtually complete administrative and clinical registers on demographics, medical treatment, and morbidity. This study was based on the following registries, which cover the entire Swedish population of approximately 10 million people.²⁵

The National Patient Registry (NPR) was established in 1964 and covers in-patient data from 1964 onward (nationwide since 1987), surgical day care data from 1997 onward, and outpatient data from 2001 onward.²⁶ Health care in Sweden is publicly funded, and all data regarding hospitalization, outpatient visits, and hospital procedures are registered in the NPR and linked to the patient by their personal identification number.

The Prescribed Drug Register covers data on the dispensation of all prescribed drugs since 2005. However, infusions of biologics are covered to a lesser extent in the register, and drugs dispensed in the hospital or bought over the counter are not registered at all.²⁷ Although noninfusion biologicals such as adalimumab, an inhibitor of TNF, have 100% coverage in the Prescribed Drug Register, only 20% of infliximab (infusion) use was registered in 2009. However, regional differences in the registration of biological treatments do occur, and some counties, for example, Stockholm County, have complete coverage of Infliximab since 2007.²⁸

The Total Population Register includes data on age, sex, place of residence, date of birth and death, and emigration status of the Swedish population.²⁵ The registry was also used to identify reference individuals for the IBD cohort.

The Swedish Multigeneration Register contains information on people and their biological parents. We used this register to assess the occurrence of IBD and PD in first-degree relatives to study the potential effect modification of family history.²⁹

Study Population

All individuals diagnosed with incident IBD in Sweden between January 1, 2002, and December 31, 2014, were identified in the NPR using International Classification of Disease (ICD) codes representing IBD ([Supplementary Table 1](#)). IBD was defined as at least 2 diagnostic listings of IBD (main or contributory diagnoses in inpatient or outpatient care). This approach has previously been shown to increase the accuracy of patient identification and has a positive predictive value (PPV) of 93% (95% confidence interval [CI], 87–97%).^{30,31}

The definitions of exposures should not “look into the future.” Subtypes of IBD at the start of follow-up (UC, CD, and IBD unclassified [IBD-U]) were therefore defined using the first 2 diagnostic codes only ([Supplementary Table 1](#)). All analyses of PD incidence in IBD were based on this definition. For

descriptive purposes, we also defined subtypes of IBD according to all available information at the end of follow-up: different IBD diagnoses might be documented during a patient's medical history; either due to difficulties distinguishing between UC and CD or simply because of incorrect registration in the records. Patients with a mix of codes for UC, CD, or indeterminate colitis (ICD-10 code K52.3) during follow-up were hence defined as IBD-U. Moreover, patients who only shifted between UC and CD (and vice versa) and who had been diagnosed with only UC or CD during the last 5 years of follow-up were classified as UC or CD. Finally, patients who had a diagnostic or procedure code typical of CD (eg, small bowel resection or CD of the small bowel) (Supplementary Table 2) were classified as CD. All patients diagnosed with IBD before the inclusion date were excluded. Inclusion and exclusion of the study population are illustrated in Figure 1.

Up to 10 reference individuals were matched to index individuals with IBD by sex, age, calendar year, and place of residence. Reference individuals with an IBD diagnosis before

their matching date were excluded, and individuals diagnosed with IBD between 2002 and 2014 were censored in the analysis.

Parkinson's Disease

PD was defined as at least 1 diagnostic listing of PD (main or contributory diagnosis in inpatient or outpatient care) between 2002 and 2014 in the NPR. Furthermore, to calculate the OR for being exposed to PD before IBD, patients diagnosed with PD between 1964 and 2014 were included in the analysis.

The Montreal Classification and Extra-intestinal Manifestations

In descriptive tables, patients' phenotype was identified by the highest ever possible degree of extent, location, or behavior according to the Montreal classification³² using ICD-codes (Supplementary Table 3). Patients without a code representing a specific phenotype of UC or CD were classified as unspecified. Extra-intestinal manifestations related to IBD were identified

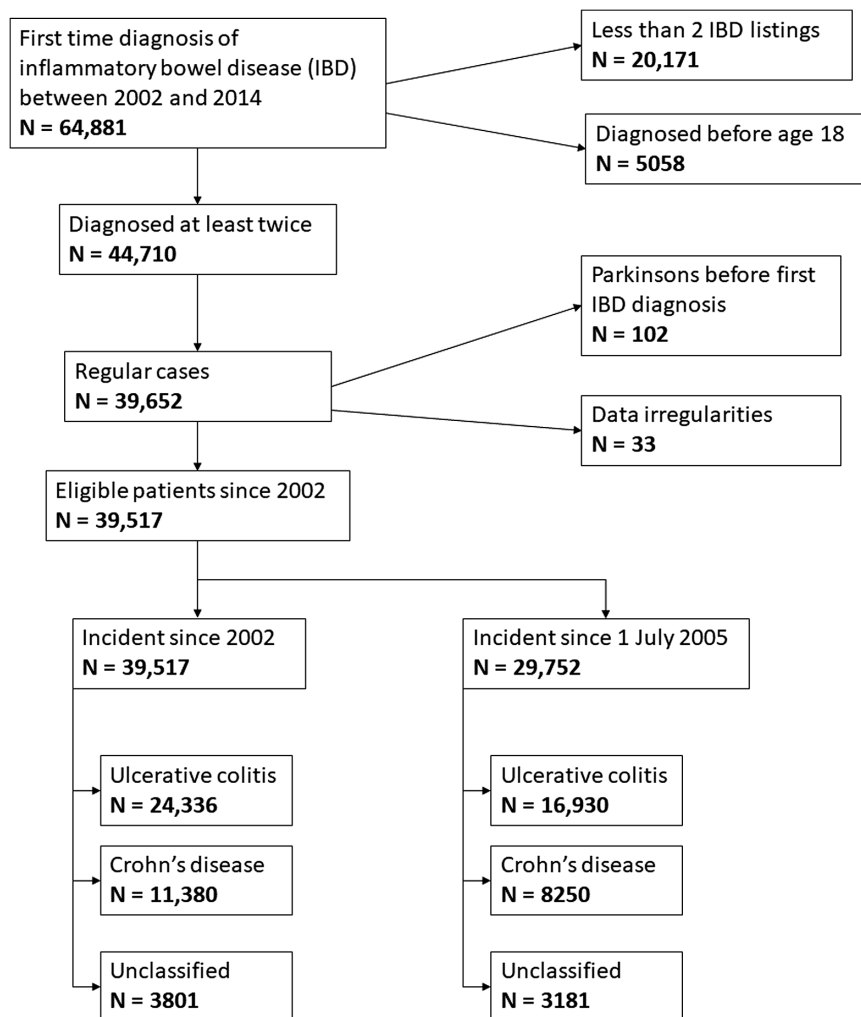


FIGURE 1. Inclusions and exclusions in the study population.

via ICD codes in the NPR and are listed in [Supplementary Table 4](#).

Treatment

Data on medical treatment, including 5-aminosalicylate/sulfasalazine, corticosteroids, immunomodulators, and biologics for IBD ([Supplementary Table 5](#)), were retrieved from the Swedish Prescribed Drug Registry using the appropriate Anatomical Therapeutic Chemical Classification (ATC) codes. To cover treatment with infusion biologics, procedure code DT016 was used, followed by the ATC codes in the NPR.

Surgical procedures related to IBD, such as colectomy, resection of the intestine, resection of the rectum, stricture-plasty, and stoma and pouch operations, were identified using procedure codes in the NPR ([Supplementary Table 6](#)).

Statistical Methods

In the cohort analyses, patients were considered at risk of PD from their first visit with an IBD diagnosis (or the corresponding index date for reference individuals) until a first-ever PD diagnostic listing or censoring due to death, emigration, end of follow-up, or change of IBD status (ie, reference individuals who were later diagnosed with IBD), whichever came first. As IBD was defined as at least 2 diagnostic listings of IBD, all reference individuals were required to be alive and living in Sweden at the date of the second IBD listing for their respective IBD patient case (to avoid immortal time bias).

The outpatient part of the NPR started in 2001, and patients with a first-ever diagnostic listing of IBD in 2001 will therefore be a mixture of incident and prevalent cases. To identify only truly incident IBD cases, we allowed for a 1-year wash-out period and restricted our study population to those with adult-onset IBD (age ≥ 18 years) starting on January 1, 2002, or later and their matched reference individuals, as described previously.³³

Individuals with a PD diagnosis before the index date were excluded from the time-to-event analysis. To compare the risk of PD in IBD cases and non-IBD reference individuals, we computed hazard ratios (HRs) and 95% confidence intervals (CIs) using Cox proportional hazards models adjusted for sex, age, index date, and place of residency. The proportional hazards assumption was checked for the main results by testing the Schoenfeld residuals, followed by visual inspection of the complementary log-log survival curves. No marked departures from the assumption were observed.

To assess the impact of increased surveillance of IBD patients, we performed an additional analysis in which we included the number of medical care visits as a time-dependent covariate and thereby adjusted the association between IBD and PD in groups for health care usage.

In the case-control analyses, we used logistic regression to estimate the OR for a PD diagnosis before the onset of IBD. This analysis included all cases of IBD and their matched

controls sampled from the general population. In these analyses, all PD diagnoses before IBD were counted (but PD diagnoses after IBD onset were not).

Statistical analyses were performed using R statistical software (version 3.3.1; R Foundation for Statistical Computing, Vienna, Austria) and the survival package (version 2.38; <https://CRAN.R-project.org/package=survival>). An HR with 95% CI excluding 1 was considered statistically significant.

This study was approved by the Ethics Review Board in Stockholm, Sweden (2007/785-31/5; 2011/1509-32; 2015/0004-31). Because this study was strictly register based, according to Swedish law, individual informed consent was not necessary.

RESULTS

Overall, 39,652 patients (UC: $n = 24,422$; CD: $n = 11,418$; IBD-U: $n = 3812$), were identified in the Swedish NPR from 2002 to 2014 ([Fig. 1](#)) and were matched to 396,520 reference individuals from the general population. Characteristics of the study population at start and end of follow-up are summarized in [Tables 1](#) and [2](#). Among IBD patients, 102 (49.8 %) were diagnosed with PD before the IBD diagnosis, and 103 (50.2%) after. The mean age at diagnosis and sex distribution seemed to be similar in both IBD patients and reference individuals. Although IBD patients who developed PD were much older at the end of follow-up (88% vs 35% at age ≥ 60 years; $P < 0.001$) and more likely to never have received thiopurine or anti-TNF compared with those without PD (88% vs 66%; $P < 0.001$), no differences by PD status or IBD location were observed in health care usage during follow-up, as assessed by the Montreal classification ([Table 3](#)).

Incidence of PD in IBD Patients

During 249,784 person-years of follow-up in IBD patients, there were 103 cases of incident PD, corresponding to an absolute incidence rate for PD of 0.4 (95% CI, 0.3–0.5) per 1000 person-years for IBD patients. This compared with 830 first-ever PD diagnostic listings in reference individuals during 2,490,979 person-years of follow-up and an absolute incidence rate of 0.3 (95% CI, 0.3–0.4) per 1000 person-years ([Table 4](#)). This difference corresponds to 1 extra case of PD for every 10,000 IBD patients (≥ 18 years) followed for a year (1/(risk difference)) compared with reference individuals.

The incidence of PD increased with age at IBD onset in UC, CD, and IBD-U, with the highest incidence in patients aged 60 years or older (80% of PD events occurred in patients with IBD onset ≥ 60 years). However, the incidence remained rather stable, especially in IBD patients overall, when comparing length of follow-up ([Table 4](#)). The cumulative incidence of PD in IBD patients and reference individuals (by age at first IBD diagnosis) is illustrated in [Figure 2](#), with a statistically significant ($P = 0.024$) difference observed in individuals older than age 60 years.

TABLE 1: Characteristics of All Adult-Onset Inflammatory Bowel Disease Patients in Sweden 2002–2014, No. (%) if Not Otherwise Stated

| | IBD | UC | CD | IBD-U | Reference Individuals |
|---|---------------|---------------|--------------|-------------|-----------------------|
| | 39,652 (9.1) | 24,422 (5.6) | 11,418 (2.6) | 3812 (0.9) | 396,520 (90.9) |
| Parkinson's disease | 205 (0.5) | 133 (0.5) | 53 (0.5) | 19 (0.5) | 1556 (0.4) |
| PD before IBD | 102 (0.3) | 64 (0.3) | 30 (0.3) | 8 (0.2) | 714 (0.2) |
| Age at PD before IBD, mean (SD), y | 68 (11) | 69 (10) | 69 (11) | 62 (18) | 67 (11) |
| Age at PD before IBD, median (IQR), y | 70 (62–75) | 71 (64–75) | 70 (61–75) | 67 (60–70) | 68 (61–75) |
| PD after IBD | 103 (0.3) | 69 (0.3) | 23 (0.2) | 11 (0.3) | 839 (0.2) |
| Age at PD after IBD, mean (SD), y | 72 (10) | 71 (10) | 75 (10) | 74 (9) | 72 (10) |
| Age at PD after IBD, median (IQR), y | 74 (68–79) | 73 (67–78) | 76 (70–81) | 76 (72–80) | 74 (66–79) |
| Sex and age at first IBD diagnosis | | | | | |
| Male | 20,099 (50.7) | 12,776 (52.3) | 5429 (47.5) | 1894 (49.7) | 200,990 (50.7) |
| Female | 19,553 (49.3) | 11,646 (47.7) | 5989 (52.5) | 1918 (50.3) | 195,530 (49.3) |
| Age at first IBD diagnosis, mean (SD), y | 45 (18) | 46 (18) | 44 (19) | 47 (20) | 45 (18) |
| Age at first IBD diagnosis, median (IQR), y | 43 (29–60) | 43 (30–60) | 41 (27–59) | 46 (30–63) | 43 (29–60) |
| ≥18–<40 | 18,059 (45.5) | 11,002 (45.0) | 5462 (47.8) | 1595 (41.8) | 180,590 (45.5) |
| ≥40–<50 | 5952 (15.0) | 3785 (15.5) | 1663 (14.6) | 504 (13.2) | 59,520 (15.0) |
| ≥50–<60 | 5880 (14.8) | 3686 (15.1) | 1619 (14.2) | 575 (15.1) | 58,800 (14.8) |
| ≥60 | 9761 (24.6) | 5949 (24.4) | 2674 (23.4) | 1138 (29.9) | 97,610 (24.6) |
| Heredity | | | | | |
| Parent or sibling with PD | 880 (2.2) | 530 (2.2) | 264 (2.3) | 86 (2.3) | 8301 (2.1) |
| Parent or sibling with IBD | 4326 (13.0) | 2632 (12.9) | 1308 (13.7) | 386 (12.1) | 16,188 (5.0) |
| Smoking status ^a | | | | | |
| Missing | 30,996 (78.2) | 19,054 (78.0) | 8881 (77.8) | 3061 (80.3) | 309,405 (78.0) |
| Nonsmoker | 6580 (76.0) | 4239 (79.0) | 1787 (70.4) | 554 (73.8) | 70,716 (81.2) |
| 1–9 cigarettes/d | 1265 (14.6) | 706 (13.2) | 442 (17.4) | 117 (15.6) | 9869 (11.3) |
| ≥10 cigarettes/d | 811 (9.4) | 423 (7.9) | 308 (12.1) | 80 (10.7) | 6530 (7.5) |

Type of IBD (ulcerative colitis, Crohn's disease, or IBD-unclassified) defined by the 2 first diagnostic listings only.

^aBased on self-reported smoking habits in early pregnancy.

Risk of PD in IBD Patients Compared With the Background Population

The overall risk of PD was 30% higher in IBD patients compared with reference individuals, with an HR of 1.3 (95% CI, 1.0–1.6; $P = 0.02$) per 1000 person-years. For UC patients, the HR was 1.3 (95% CI, 1.0–1.7; $P = 0.04$); for CD, it was 1.1 (95% CI, 0.7–1.7); and for IBD-U, it was 1.7 (95% CI, 0.8–3.0), as illustrated in [Figure 3](#) and the corresponding [Supplementary Table 7](#). UC patients with up to 1 year of follow-up and IBD-U patients diagnosed at age 60 years or older carried a 2-fold risk of developing PD compared with the general population. However, when adjusted for number of medical care visits during follow-up as a time-dependent covariate, the overall relative risk for IBD patients developing PD decreased to 0.9 (95% CI, 0.7–1.1), as shown in [Table 5](#).

When investigating the risk of PD with regards to IBD medication use, IBD patients never exposed to thiopurines or anti-TNF were 60% more likely to develop PD (HR, 1.6; 95% CI, 1.2–2.2) than their matched reference individuals. This increase in incident PD risk was 2.3-fold in patients with CD (HR, 2.3; 95% CI, 1.2–3.9), as shown in [Supplementary Table 7](#). There were too few events to estimate the association of individual or combined anti-TNF/thiopurine use, nor could any conclusions be drawn with regards to hereditary risks of PD development.

PD and Subsequent IBD

In the case-control part of our study, we calculated the OR for PD diagnosis before IBD onset compared with reference individuals. The OR of being exposed to a first-ever PD diagnosis was 1.4 (95% CI, 1.2–1.8) in all IBD

TABLE 2: Characteristics at End of Follow-up in Adult-Onset Inflammatory Bowel Disease Patients Diagnosed in Sweden Since 2002, Followed up Through 2014, No. (%) if Not Otherwise Stated

| | IBD | UC | CD | IBD-U |
|--|----------------|---------------|---------------|-------------|
| | 39,517 (100.0) | 24,336 (61.6) | 11,380 (28.8) | 3801 (9.6) |
| Age at end of follow-up, y | | | | |
| Mean (SD) | 52 (18) | 52 (18) | 50 (18) | 53 (19) |
| Median (IQR) | 50 (36–66) | 50 (37–67) | 48 (34–65) | 52 (35–68) |
| Reason for end of follow-up | | | | |
| PD | 103 (0.3) | 69 (0.3) | 23 (0.2) | 11 (0.3) |
| Death | 3010 (7.6) | 1798 (7.4) | 888 (7.8) | 324 (8.5) |
| Emigration | 409 (1.0) | 252 (1.0) | 123 (1.1) | 34 (0.9) |
| December 31, 2014 | 35,998 (91.1) | 22,219 (91.3) | 10,346 (90.9) | 3433 (90.3) |
| Length of follow-up, y | | | | |
| ≥0–<1 | 2855 (7.2) | 1554 (6.4) | 886 (7.8) | 415 (10.9) |
| ≥1–<5 | 13,326 (33.7) | 7717 (31.7) | 3939 (34.6) | 1670 (43.9) |
| ≥5–<10 | 14,785 (37.4) | 9322 (38.3) | 4236 (37.2) | 1227 (32.3) |
| ≥10 | 8551 (21.6) | 5743 (23.6) | 2319 (20.4) | 489 (12.9) |
| Health care usage, mean (SD) No. visits during follow-up | | | | |
| Total | 23 (28) | 22 (27) | 26 (28) | 23 (31) |
| Outpatient | 20 (25) | 19 (25) | 22 (25) | 20 (28) |
| Inpatient | 3 (6) | 3 (5) | 4 (7) | 3 (6) |
| Age at end of follow-up, y | | | | |
| ≥18–<40 | 13,092 (33.1) | 7688 (31.6) | 4148 (36.4) | 1256 (33.0) |
| ≥40–<50 | 6838 (17.3) | 4437 (18.2) | 1853 (16.3) | 548 (14.4) |
| ≥50–<60 | 5832 (14.8) | 3650 (15.0) | 1670 (14.7) | 512 (13.5) |
| ≥60 | 13,755 (34.8) | 8561 (35.2) | 3709 (32.6) | 1485 (39.1) |
| IBD classification in last 5 y of follow-up | | | | |
| UC | 22,752 (57.6) | 22,325 (91.7) | 98 (0.9) | 329 (8.7) |
| CD | 12,423 (31.4) | 659 (2.7) | 10,834 (95.2) | 930 (24.5) |
| IBD-U | 4342 (11.0) | 1352 (5.6) | 448 (3.9) | 2542 (66.9) |
| Maximum Montreal classification during follow-up | | | | |
| No. | – | 23,761 | 11,320 | 2881 |
| E1 (ulcerative proctitis) | – | 4377 (18.4) | – | 235 (8.2) |
| E2 (left-sided UC) | – | 6334 (26.7) | – | 393 (13.6) |
| E3 (extensive colitis) | – | 8721 (36.7) | – | 742 (25.8) |
| EX (extent not defined) | – | 4256 (17.9) | – | 1501 (52.1) |
| L1 (terminal ileum) | – | – | 4072 (36.0) | – |
| L2 (colon) | – | – | 3880 (34.3) | – |
| L3 or LX (ileocecal/not defined) | – | – | 3337 (29.5) | – |
| P (perianal disease) | – | – | 1076 (9.5) | – |
| Complications during follow-up | | | | |
| Primary sclerosing cholangitis | 740 (1.9) | 542 (2.2) | 128 (1.1) | 70 (1.8) |
| Other extra-intestinal manifestations | 1868 (4.7) | 940 (3.9) | 771 (6.8) | 157 (4.1) |
| IBD surgery (not mutually exclusive categories) | | | | |
| Colectomy | 971 (2.5) | 769 (3.2) | 128 (1.1) | 74 (1.9) |
| Other bowel surgery | 5360 (13.6) | 2205 (9.1) | 2708 (23.8) | 447 (11.8) |
| IBD medications since July 1, 2005 | | | | |
| Incident cases since July 1, 2005 | 28,361 (71.8) | 16,930 (69.6) | 8250 (72.5) | 3181 (83.7) |
| Never thiopurine or anti-TNF | 18,597 (65.6) | 12,330 (72.8) | 4182 (50.7) | 2085 (65.5) |
| Only thiopurine | 7367 (26.0) | 3591 (21.2) | 2929 (35.5) | 847 (26.6) |
| Thiopurine and anti-TNF | 2079 (7.3) | 859 (5.1) | 1008 (12.2) | 212 (6.7) |
| Only anti-TNF | 318 (1.1) | 150 (0.9) | 131 (1.6) | 37 (1.2) |

TABLE 3: Characteristics at End of Follow-up in Adult-Onset Inflammatory Bowel Disease Patients Diagnosed in Sweden Since 2002, Followed up Through 2014, No. (%) if not Otherwise Stated

| | PD After IBD | No PD | P |
|--|--------------|---------------|--------|
| UC | 64 (62.1) | 22,688 (57.6) | 0.402 |
| CD | 27 (26.2) | 12,396 (31.5) | 0.300 |
| IBD-U | 12 (11.7) | 4330 (11.0) | 0.954 |
| Health care usage, mean (SD) No. visits during follow-up | | | |
| Total | 23 (25) | 23 (28) | 0.843 |
| Outpatient | 19 (22) | 20 (25) | 0.511 |
| Inpatient | 4 (5) | 3 (6) | 0.073 |
| Age at end of follow-up, y | | | |
| ≥18–<40 | 1 (1.0) | 13,091 (33.2) | <0.001 |
| ≥40–<50 | 0 (0.0) | 6838 (17.3) | <0.001 |
| ≥50–<60 | 11 (10.7) | 5821 (14.8) | 0.303 |
| ≥60 | 91 (88.3) | 13,664 (34.7) | <0.001 |
| Maximum Montreal classification during follow-up | | | |
| No. | 103 | 39,414 | |
| E1 (ulcerative proctitis) | 10 (13.2) | 4640 (17.2) | 0.438 |
| E2 (left-sided UC) | 14 (18.4) | 6757 (25.0) | 0.233 |
| E3 (extensive colitis) | 27 (35.5) | 9652 (35.7) | 1.000 |
| EX (extent not defined) | 22 (28.9) | 5953 (22.0) | 0.189 |
| L1 (terminal ileum) | 7 (17.9) | 4515 (27.0) | 0.275 |
| L2 (colon) | 13 (33.3) | 5605 (33.5) | 1.000 |
| L3 or LX (ileocecal/not defined) | 13 (33.3) | 4920 (29.4) | 0.719 |
| P (perianal disease) | 1 (2.6) | 1412 (8.4) | 0.302 |
| Complications during follow-up | | | |
| Primary sclerosing cholangitis | 0 (0.0) | 740 (1.9) | 0.298 |
| Other extra-intestinal manifestations | 0 (0.0) | 1868 (4.7) | 0.042 |
| IBD surgery (not mutually exclusive categories) | | | |
| Colectomy | 0 (0.0) | 971 (2.5) | 0.196 |
| Other bowel surgery | 12 (11.7) | 5348 (13.6) | 0.672 |
| IBD medications since July 1, 2005 | | | |
| Incident cases since July 1, 2005 | 56 (54.4) | 28,305 (71.8) | |
| Never thiopurine or anti-TNF | 49 (87.5) | 18,548 (65.5) | <0.001 |
| Only thiopurine | 6 (10.7) | 7361 (26.0) | 0.014 |
| Anti-TNF with or without thiopurine | 1 (1.8) | 2396 (8.5) | 0.120 |

Comparison of those who developed Parkinson's disease with those who did not during follow-up. *P* values are from a *t* test for continuous variables and a chi-square test of proportions for categorical ones.

patients and 1.4 (95% CI, 1.1–1.9) for UC and 1.6 (95% CI, 1.1–2.3) for CD patients alone (Table 6). Although only 1 event was detected in patients diagnosed with IBD between 18 and 40 years of age, UC and CD patients diagnosed ≥60 years were at statistically significantly greater risk of having been diagnosed with PD before IBD, with ORs of 1.4 (95% CI, 1.1–1.9) and 1.7 (95% CI, 1.1–2.5), respectively. Interestingly, we observed a stronger association between PD and IBD in women than men (OR, 1.8; 95% CI, 1.3–2.3; vs OR, 1.2; 95% CI, 0.9–1.6), respectively (Table 6).

DISCUSSION

Main Findings

This nationwide population-based study of more than 39,000 patients with IBD found a 1.3-fold increased incidence of PD compared with the general population. We also observed an increased OR of being diagnosed with PD before IBD. The relative risk of future PD in IBD was highest among patients diagnosed with IBD at age 60 years or older. However, when adjusted for number of health care visits, the risk of PD in IBD patients was reduced, and an association was no longer observed.

TABLE 4: Absolute Incidence Rates per 1000 Person-Years (95% CIs) for First-Ever Parkinson's Disease in Incident Cases of Adult-Onset Inflammatory Bowel Disease Patients and Matched General Population Reference Individuals From 2002 to 2014

| | IBD | UC | CD | IBD-U | Gen. Pop. |
|--|---------------|---------------|---------------|---------------|---------------|
| Total No. | 39,517 | 24,336 | 11,380 | 3801 | 387,960 |
| No. events | 103 | 69 | 23 | 11 | 830 |
| Incidence proportion, % | 0.3 | 0.3 | 0.2 | 0.3 | 0.2 |
| Person-years | 249,784.4 | 159,923.5 | 70,305.32 | 19,555.63 | 2,490,979 |
| Incidence rate | 0.4 (0.3–0.5) | 0.4 (0.3–0.5) | 0.3 (0.2–0.5) | 0.6 (0.3–1.0) | 0.3 (0.3–0.4) |
| Sex | | | | | |
| Female | 0.4 (0.3–0.5) | 0.4 (0.3–0.5) | 0.3 (0.1–0.5) | 0.6 (0.3–1.4) | 0.3 (0.2–0.3) |
| Male | 0.5 (0.4–0.6) | 0.5 (0.3–0.6) | 0.4 (0.2–0.7) | 0.5 (0.2–1.2) | 0.4 (0.4–0.4) |
| Age at first IBD diagnosis, y | | | | | |
| ≥18–<40 | 0.0 (0.0–0.1) | 0.0 (0.0–0.1) | 0 (–) | 0 (–) | 0.0 (0.0–0.0) |
| ≥40–<50 | 0.1 (0.0–0.3) | 0.1 (0.0–0.3) | 0.1 (0.0–0.6) | 0 (–) | 0.1 (0.1–0.1) |
| ≥50–<60 | 0.4 (0.2–0.6) | 0.5 (0.3–0.8) | 0.2 (0.0–0.8) | 0.3 (0.0–2.2) | 0.3 (0.3–0.4) |
| ≥60 | 1.6 (1.3–2.0) | 1.6 (1.2–2.1) | 1.4 (0.9–2.2) | 2.2 (1.2–4.1) | 1.2 (1.1–1.3) |
| Length of follow-up, y | | | | | |
| 0–<1 | 0.4 (0.2–0.7) | 0.6 (0.3–0.9) | 0.2 (0.0–0.7) | 0 (–) | 0.3 (0.2–0.3) |
| 1–<5 | 0.4 (0.3–0.5) | 0.4 (0.3–0.6) | 0.4 (0.2–0.7) | 0.6 (0.3–1.3) | 0.3 (0.3–0.4) |
| 5–<10 | 0.4 (0.3–0.6) | 0.4 (0.3–0.6) | 0.3 (0.2–0.7) | 1.0 (0.4–2.4) | 0.4 (0.3–0.4) |
| ≥10 | 0.5 (0.2–1.1) | 0.8 (0.4–1.6) | 0 (–) | 0 (–) | 0.3 (0.3–0.5) |
| Complications during follow-up | | | | | |
| Primary sclerosing cholangitis | 0 (–) | 0 (–) | 0 (–) | 0 (–) | – |
| Other extra-intestinal manifestations | 0 (–) | 0 (–) | 0 (–) | 0 (–) | – |
| IBD surgery | | | | | |
| Colectomy | 0 (–) | 0 (–) | 0 (–) | 0 (–) | – |
| Other bowel surgery | 0.3 (0.2–0.6) | 0.5 (0.2–1.0) | 0.2 (0.1–0.6) | 0.4 (0.1–2.6) | – |
| IBD medication | | | | | |
| No. incident cases since July 1, 2005 | 28,361 | 16,930 | 8250 | 3181 | – |
| Never thiopurines or anti-TNF | 0.6 (0.4–0.8) | 0.5 (0.4–0.7) | 0.8 (0.4–1.3) | 0.8 (0.3–1.7) | – |
| Only thiopurine | 0.2 (0.1–0.4) | 0.2 (0.1–0.5) | 0.2 (0.1–0.7) | 0 (–) | – |
| Anti-TNF with or without thiopurines | 0.1 (0.0–0.6) | 0.2 (0.0–1.3) | 0 (–) | 0 (–) | – |
| At least 1 first-degree relative with: | | | | | |
| IBD | 0.1 (0.0–0.3) | 0.1 (0.0–0.4) | 0 (–) | 0 (–) | – |
| PD | 0 (–) | 0 (–) | 0 (–) | 0 (–) | – |

Comparison With Previous Results

The incidence of PD has previously been investigated in patients with other immune-mediated disorders, such as psoriasis, rheumatoid arthritis, and diabetes.^{34–36} A Taiwanese cohort study of psoriasis patients reported an increased risk of developing PD compared with the general population.³⁵ However, in a systemic review and meta-analysis on the association between diabetes and PD, no conclusive evidence between the 2 diseases was found.³⁶

To our knowledge, the association between PD and IBD has only been investigated by 3 independent groups.^{21–23} First, a Taiwanese retrospective cohort study observed a 1.35-fold higher risk for IBD patients to develop PD compared with the general

population.²² Male sex and comorbidities such as hypertension and coronary artery disease were independent risk factors of PD. This study was based on data from the Taiwanese National Health Insurance Database, and IBD patients were matched to 4 reference individuals (without IBD or PD history).

Second, a case-control study from the United States of newly diagnosed American PD patients and PD-free controls found an association between IBD and subsequent PD, with a prevalence of IBD in 2.9% of PD patients and 2.0% in the PD-free controls.²¹ The study population was restricted to patients age >65 years and was based on Medicare data between 2004 and 2009, and hence was not representative of the general IBD population.

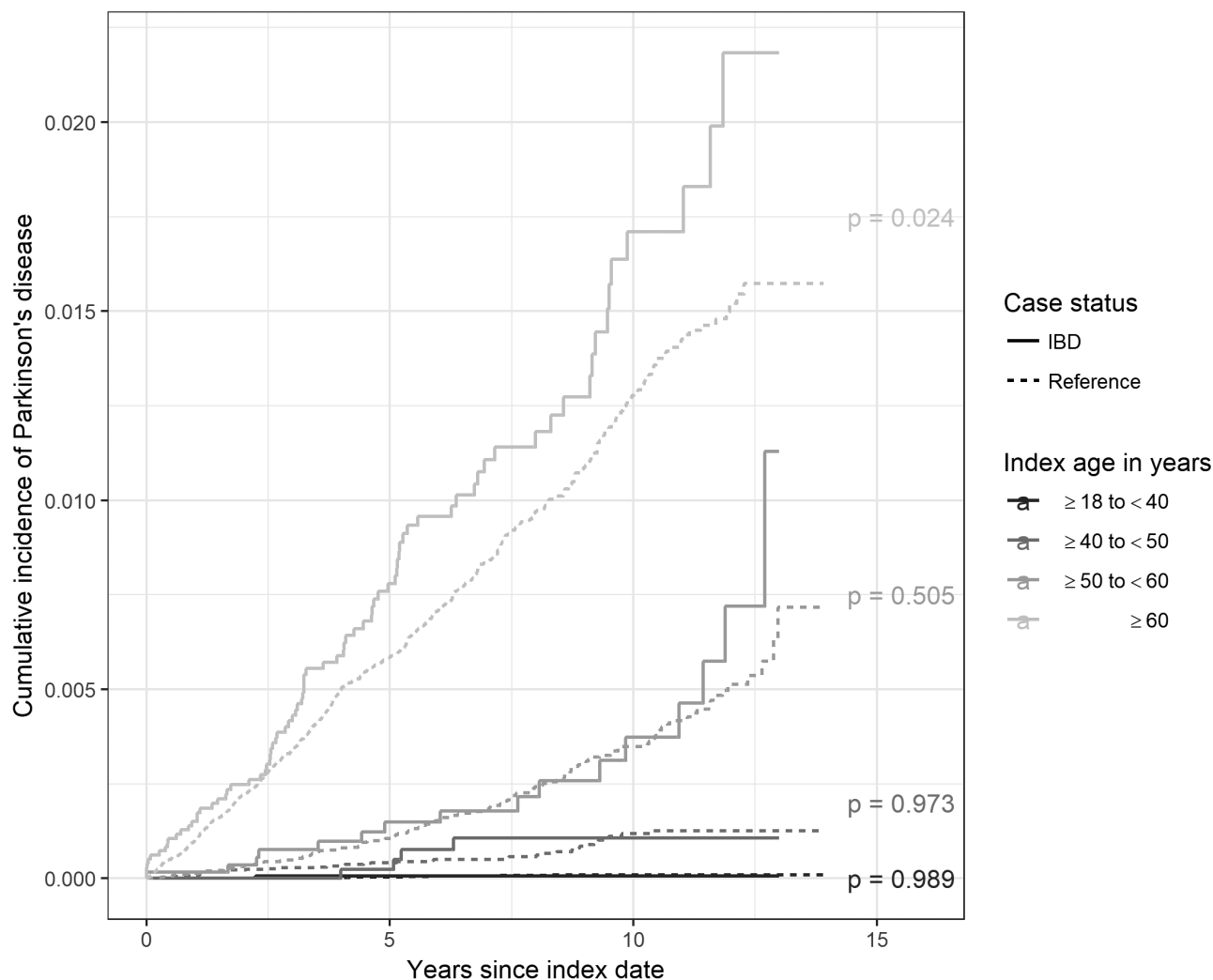


FIGURE 2. Cumulative incidence of Parkinson's disease since index date in IBD patients since 2002 and their matched reference individuals. Curves are stratified by age at first IBD diagnosis. *P* values are from log-rank tests stratified by age group.

Finally, a retrospective cohort study based on administrative claims databases from the United States observed a 28% higher incidence of PD in IBD patients compared with non-IBD controls.²³ Moreover, the group also reported an inverse association between anti-TNF exposure and development of PD.

Our study confirms the positive association between PD and IBD found in the aforementioned studies. The prevalence of PD in IBD patients was approximately 0.5% in our nationwide cohort, which is lower compared with the results generated by Lin et al. (1.3%)²² and Camacho-Soto et al. (2.9%),²¹ but higher than the prevalence reported by Peter et al. (0.3%).²³ Moreover, the HR of 1.3 found in our study was similar to that observed in the Taiwanese study and was statistically significant in both. Our study also confirmed the results generated by Peter et al.²³ when investigating the effect of anti-TNF therapy on the risk of PD development. Although Camacho-Soto et al.²¹ investigated the association

between IBD and later PD in a case-control design, our group studied both the association between IBD and later PD in a cohort design and the association between PD and later IBD in a case-control design.

Mechanism and Clinical Implications

The mechanism of PD development in IBD patients is not fully understood and is most likely multifactorial. The proinflammatory cytokines interleukin-1 β and TNF- α have been suggested to be important effectors of neuroinflammation on degeneration of dopaminergic neurons in humans and mice models.^{37, 38} In IBD, cytokines play an essential role by controlling multiple aspects of the inflammatory response.¹⁹ During the last decades, medications targeting systemic inflammation through reduction in TNF- α activity or immunosuppression of key processes in T lymphocytes that lead to inflammation have been developed and used with success.^{20, 39}

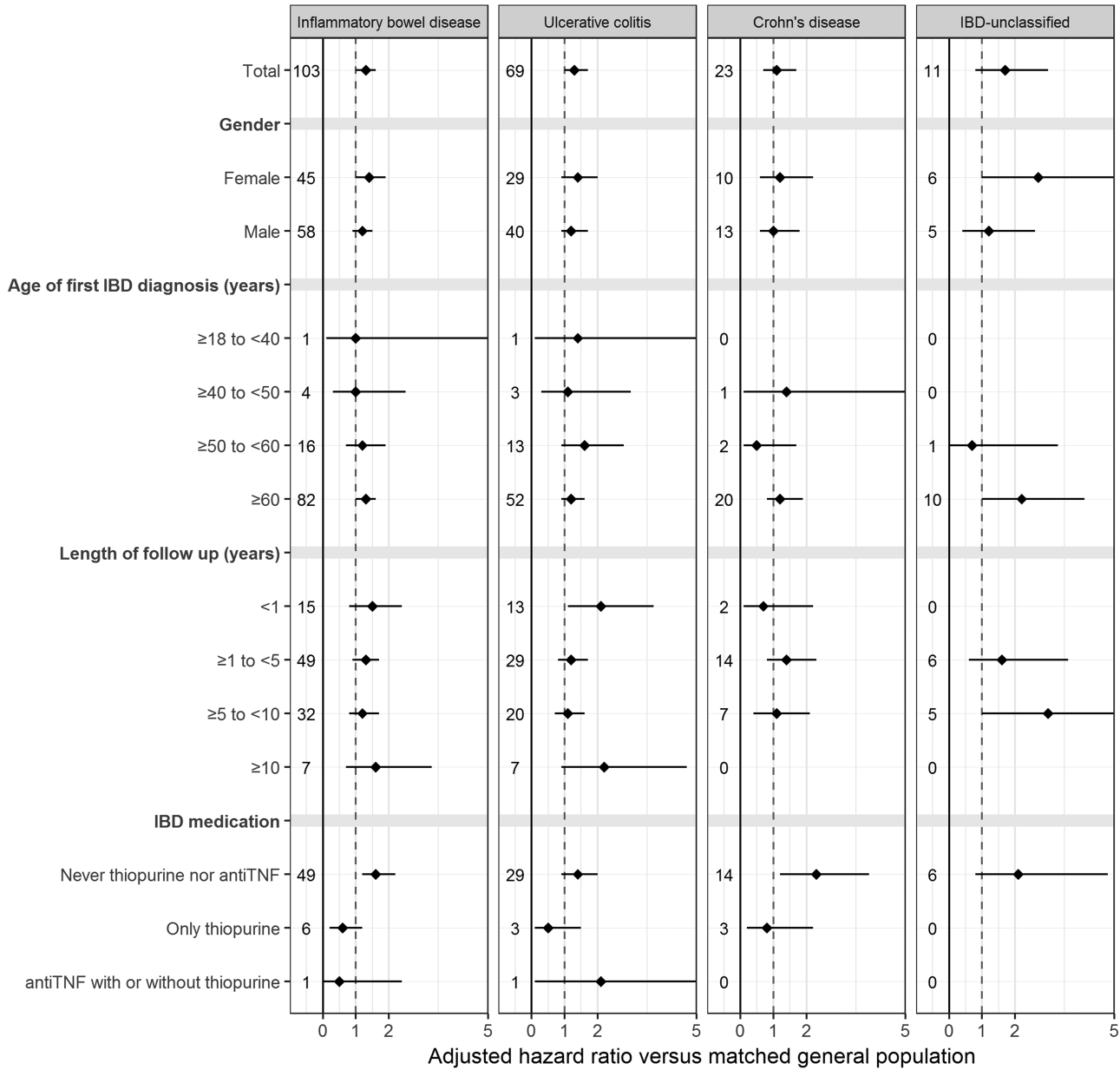


FIGURE 3. Hazard ratios (95% CIs) for first-ever Parkinson's disease in incident cases of adult-onset IBD patients and matched general population reference individuals between 2002 and 2014.

Our results suggested a potential protective effect of selective IBD-directed therapies, thiopurines, or anti-TNF- α on PD, as IBD patients never exposed to thiopurines or anti-TNF- α agents had a higher risk of developing PD compared with their matched reference individuals, whereas patients exposed to these drugs had a nonsignificantly decreased risk of PD. Similar results regarding a potential protective effect of anti-TNF therapy have been shown in the aforementioned study by Peter et al.²³ However, we did not have enough power to make any meaningful direct comparisons

between IBD patients with different drug exposures. Any such comparisons in the future must also be adjusted for at least sex and age, as PD is predominantly diagnosed in the elderly and cases of elderly-onset IBD are to a much lesser extent exposed to thiopurines or anti-TNF- α agents.² Although the precise mechanism of any potential protection remains unclear and requires further investigation, reducing inflammatory processes has been suggested as promising for interventional targets for PD and other neurodegenerative diseases.⁴⁰

TABLE 5: Hazard Ratios (95% CIs) for First-Ever Parkinson's Disease in Incident Cases of Adult-Onset Inflammatory Bowel Disease Patients and Matched General Population Reference Individuals Between 2002 and 2014

| | IBD | UC | CD | IBD-U |
|---------------------|---------------|----------------|---------------|---------------|
| Total | 0.9 (0.7–1.1) | 0.8 (0.6–1.1) | 0.9 (0.6–1.4) | 1.0 (0.5–1.9) |
| Sex | | | | |
| Female | 1.0 (0.7–1.4) | 0.9 (0.6–1.4) | 1.0 (0.5–2.1) | 1.6 (0.6–4.2) |
| Male | 0.8 (0.6–1.0) | 0.8 (0.6–1.1) | 0.8 (0.4–1.5) | 0.7 (0.3–1.8) |
| Age at IBD onset, y | | | | |
| ≥18–<40 | 0.9 (0.1–8.2) | 1.0 (0.1–10.3) | 0.0 (0.0–inf) | 0.0 (0.0–inf) |
| ≥40–<50 | 0.4 (0.1–1.3) | 0.5 (0.1–1.6) | 0.6 (0.1–5.5) | 0.0 (0.0–inf) |
| ≥50–<60 | 0.7 (0.4–1.2) | 0.8 (0.4–1.6) | 0.4 (0.1–1.7) | 0.7 (0.1–5.6) |
| ≥60 | 0.9 (0.7–1.2) | 0.9 (0.6–1.2) | 1.0 (0.6–1.7) | 1.2 (0.6–2.4) |

Model is adjusted for number of medical care visits as a time-dependent covariate.

TABLE 6: Odds Ratios (95% CIs) for Being Diagnosed With Parkinson's Disease Since January 1, 1964, Before a First-Ever Diagnosis of Inflammatory Bowel Disease (or Index Date in Matched General Population Controls) in Sweden Between 2002 and 2014

| | IBD | UC | CD | IBD-U |
|--|-------------------------------|-------------------------------|-------------------------------|-------------------------------|
| | No., ^a OR (95% CI) | No., ^a OR (95% CI) | No., ^a OR (95% CI) | No., ^a OR (95% CI) |
| Total | 102, 1.4 (1.2–1.8) | 64, 1.4 (1.1–1.9) | 30, 1.6 (1.1–2.3) | 8, 1.1 (0.5–2.3) |
| Sex | | | | |
| Female | 54, 1.8 (1.3–2.3) | 37, 2.0 (1.4–2.9) | 11, 1.2 (0.7–2.3) | 6, 1.7 (0.7–4.1) |
| Male | 48, 1.2 (0.9–1.6) | 27, 1.0 (0.7–1.5) | 19, 1.9 (1.1–3.1) | 2, 0.5 (0.1–2.2) |
| Age at IBD onset, y | | | | |
| ≥18–<40 | 1, 1.4 (0.2–11.6) | 0, 0.0 (0.0–inf) | 0, 0.0 (0.0–inf) | 1, inf (0.0–inf) |
| ≥40–<50 | 3, 2.3 (0.7–8.1) | 2, 2.9 (0.6–13.8) | 1, 2.0 (0.2–17.2) | 0, 0.0 (0.0–inf) |
| ≥50–<60 | 5, 0.9 (0.4–2.4) | 5, 1.4 (0.5–3.5) | 0, 0.0 (0.0–inf) | 0, 0.0 (0.0–inf) |
| ≥60 | 93, 1.5 (1.2–1.8) | 57, 1.4 (1.1–1.9) | 29, 1.7 (1.1–2.5) | 7, 1.1 (0.5–2.3) |
| At least 1 first-degree relative with: | | | | |
| IBD | 3, 1.0 (0.3–3.4) | 2, 0.9 (0.2–3.9) | 1, 2.6 (0.3–25.0) | 0, 0.0 (0.0–inf) |
| PD | 0, 0.0 (0.0–inf) | 0, 0.0 (0.0–inf) | 0, 0.0 (0.0–inf) | 0, 0.0 (0.0–inf) |

^a“No.” indicates exposed inflammatory bowel disease cases.

However, in our study, the increased risk of developing PD vanished when adjusting for number of health care visits. This phenomenon is often referred to as surveillance bias, based on the idea “the more we look, the more we find.”⁴¹ Surveillance bias is an important and well-known source of error when evaluating outcome measures, although it is seldom included in published clinical studies.⁴² Therefore, the association observed in the present study might to some extent be explained by this phenomenon. On the other hand, our case-control analysis also found an increased odds ratio of IBD patients being diagnosed with PD before IBD, which strengthens the notion that IBD and PD share risk factors.

Strengths and Limitations

Two of the most important strengths of our study are the number of participants and the reliability of our data source. Our study included more than 39,000 IBD patients who were identified in the NPR by a minimum of 2 diagnostic listings. This approach has recently been validated in the Swedish patient register, with a positive predictive value for a diagnosis of IBD of 93%.³¹ The NPR was established in 1964 and contains outpatient data from 2001, and as PD is often used as an outpatient diagnosis, we allowed a 1-year washout period and included patients from 2002 to 2014 to ensure that only incident cases were included. Another strength of our study is the virtually complete coverage of

the NPR in a setting with universal access to health care (regardless of income, severity of disease, or place of residence) and access to reference individuals by the total population register, which results in optimal generalizability.

Our study shares a limitation with previous studies, as Swedish nationwide registers only contain data on smoking in early pregnancy. Therefore, we have not been able to stratify for smoking in our analyses. As smoking protects against UC and PD but increases the risk of CD, smoking might be considered a confounder in the positive association between PD and UC. Moreover, we were not able to identify a particular IBD subphenotype and severity among PD patients. We excluded IBD cases with age of onset <18 years, as the length of available follow-up (12 years) was considered too short for evaluating the risk of PD development. Also, we had no access to DNA samples to test whether individuals with IBD-PD comorbidity were more likely to carry polymorphisms in genes associated with IBD and/or PD.

Conclusion

We demonstrated that incident IBD was associated with an increased relative risk of incident PD. We also observed that PD was a risk factor for future IBD. These findings are pathophysiologically interesting, even though the absolute excess risk compared with the general population was small. When adjusting for number of health care visits, the increased risk of incident PD in IBD patients disappeared. The positive association between IBD and PD found in previous studies might therefore, to some extent, be explained by surveillance bias. Future studies need to take this into account when investigating the correlation between IBD and PD.

SUPPLEMENTARY DATA

Supplementary data are available at *Inflammatory Bowel Diseases* online.

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