

# RAWATAN TERKINI DAN HALA TUJU PENYELIDIKAN BERIMPAK TINGGI PENYAKIT RADANG USUS DI MALAYSIA

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# *Latest Treatments and High Impact Research Directions for Inflammatory Bowel Disease in Malaysia*

## Abstract

Inflammatory bowel disease (IBD) is a chronic, inflammatory condition of the gastrointestinal tract. IBD consists of two primary conditions: Crohn's Disease (CD) and Ulcerative Colitis (UC). IBD continues to be underdiagnosed in Malaysia, with an incidence of 0.69 per 100,000 people on average. The incidence of IBD in Malaysia has steadily increased over the past few decades, with a particularly notable trend over the last decade. This increase can be attributed to campaigns emphasising the significance of early detection. Therefore, it is crucial to recognise and diagnose the disease early; chronic gastrointestinal inflammation and ulcers, if left untreated, can result in severe complications that negatively impact the quality of life of patients and also incur high direct and indirect healthcare costs. This book, titled *Current Management and High Impact Research Directions for Inflammatory Bowel Disease in Malaysia* will reveal how this disease was once more prevalent in Western nations, but is now on the rise in developing and developed Asian nations, especially Malaysia. With the technology and expertise available in Malaysia today, it is impossible to overstate the significance of conducting baseline assessments after diagnosis to determine a patient's IBD status. This book will discuss the history of the disease, early symptoms, complications, both conventional and modern treatment approaches, research conducted on IBD in Malaysia, and academic medical leadership for a general audience. In Malaysia, research findings indicate a higher UC diagnosis rate compared to CD every year. Most males are more susceptible to UC than females. The most prevalent ethnic group is Indian, followed by Malay and Chinese. This book also explores studies on nutrition, gut microbiota, and their association with IBD. Another major topic covered in this book is the link between IBD and colorectal cancer. Additional treatments such as probiotics have been found to have a positive impact on the gastrointestinal tract, microbiota

landscape, and IBD. Finally, the responsibilities of subject matter expert and leadership and the community's role in addressing IBD in Malaysia are also discussed.