

Deep remission and inflammatory bowel disease

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Although the term [deep remission](#) has always been a matter of dispute, especially in cases of patients who suffer from autoimmune disease like ulcerative colitis and Crohn's disease, it is scientifically defined a disease-free phase, though it varies with the complicated nature of diseases, apart from analysing the different factors that are inevitable to achieving the state of remission, which is essential to regaining and maintaining health and wellness, in situations where a complete cure from the disease condition cannot be made possible. Hence, it is crucial to measuring and analysing the factors that are essential to attaining remission, and maintain the phase for a long time. Inflammatory bowel conditions of all sorts can be chronic and debilitating. Hence accumulation of diagnostic evidences have to be looked upon beyond the clinical symptoms alone, as the disease condition might trigger several non-specific symptoms that can easily complicate the process of diagnosis and thereby adding in more hassles to choosing the therapeutic strategies that are essential to curbing the disease conditions in the quickest possible manner. The entire set of therapeutic goals that are available to curb IBD have been devised with the aim of helping patients achieve deep remission (clinical remission), which is the only way to alter the disease condition that inflammatory bowel disease patients face each day.

While a Crohn's Disease Activity Index <150 and complete MH might indicate deep remission in Crohn's disease, the same doesn't apply to identifying remission in ulcerative colitis, due to lack of a scientific definition for deep remission. When scientifically defined, remission can be classified into several categories:

1. Clinical remission leads to achieving a symptom-free phase
2. Biochemical remission is achieved when blood and stool tests that include CRP, ESR, and fecal calprotectin are absolutely normal.
3. Endoscopic remission can be achieved through mucosal healing through colonoscopy.
4. Deep (stable) remission is the combination of the aforesaid remissions, defined as achieving a CDAI score < 150 AND, along with complete mucosal healing

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