

Abstract

Systemic lupus erythematosus (SLE) and inflammatory bowel disease (IBD) are multisystemic autoimmune disorders that can rarely coexist. This case report describes a 51-year-old female patient who initially presented with blood and mucous diarrhea, leading to a diagnosis of ulcerative colitis. However, the patient subsequently developed features of systemic lupus erythematosus (SLE), as evidenced by positive antinuclear antibody (ANA) and double-stranded DNA (ds-DNA). The patient exhibited a favorable response to immunosuppressive treatments and is currently in a state of good disease remission.

This case highlights the rare coexistence of IBD and SLE and emphasizes the diagnostic and therapeutic challenges associated with managing these concomitant autoimmune diseases. The extraintestinal manifestations of both conditions can overlap, making an accurate diagnosis and differentiation difficult. In this particular patient, the initial gastrointestinal symptoms mimicked those of ulcerative colitis, but the subsequent development of SLE features necessitated a revision of the diagnosis.

Effective management of patients with coexisting IBD and SLE requires a multidisciplinary approach, involving specialists with expertise in both conditions. Individualized treatment plans must be carefully tailored, considering the unique manifestations and treatment options for each disease. Owing to the rarity of this association, further research is warranted to elucidate the underlying mechanisms, including the genetic and autoimmune factors that contribute to the development of IBD and SLE in the same individual.

In conclusion, the case report highlights the challenges posed by the coexistence of IBD and SLE and emphasizes the importance of expertise and collaboration in managing such complex cases. Continued research efforts are essential for developing targeted therapies that address the specific needs of patients with both IBD and SLE, with the ultimate goal of improving outcomes and quality of life for these individuals.