



Incidence and relative risk of colorectal cancer in autoimmune diseases: a global pooled-analysis with more than 91 million participants

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Background: Dysregulation of immune system could be a vital stimulant of colorectal cancer development. We aimed to provide the most comprehensive meta-analysis on this topic.

Methods: Observational cohort studies reporting incidence or risk ratio of colorectal cancer among patients with autoimmune disorders as exposures were eligible. Relative risk was the primary endpoint and adjusted risk ratio were effect sizes. Incident cases per 100 000 person-years at risk were used for incidence analysis as secondary endpoint.

Results: 523 studies were included, containing 91 265 886 participants. Overall pooled risk ratio was 1.244 ($p < 0.001$). The results were consistent irrespective of sub-localization (colon: 1.308, $p < 0.001$; rectum: 1.173, $p < 0.001$), sex (male: 1.229, $p < 0.001$; female: 1.209, $p < 0.001$) and country (Nordic: 1.301, $p < 0.001$; Western: 1.213, $p < 0.001$; East Asian: 1.213, $p < 0.001$). Specifically, primary sclerosing cholangitis, idiopathic inflammatory myopathies, inflammatory bowel disease, autoimmune hepatitis, ANCA-associated vasculitis, sarcoidosis, scleroderma, type 1 diabetes, psoriasis, membranous nephropathy, hidradenitis suppurativa and idiopathic thrombocytopenic purpura were associated with higherrisk of colorectal cancer. Interestingly, several autoimmune diseases might help to lower colorectal cancer risk, especially rheumatoidarthritis.

Conclusions: Patients with autoimmune diseases were associated with higher risk of colorectal cancer under generally or specific settings. Unlike ourgastric and small bowel cancer pooled results, this risk-increasing impact on colorectal cancer was consistent across Nordic, Western and East Asian countries. Both digestive organ-specific or systemic autoimmune diseases could significantly increase risk of colorectal cancer. However, several autoimmune diseases might act as protective factors against colorectal cancer, especially rheumatoid arthritis, while not on gastric or small bowel carcinogenesis.

Keywords: autoimmune disease, colorectal cancer, incidence, meta-analysis, risk

Introduction

Colorectal cancer was one of the most prevalent types of malignancies worldwide^[1]. According to GLOBOCAN 2022^[2], colorectal cancer ranked third in incidence ranking, while second in mortality ranking, respectively, suggesting its heavy burden on global healthcare systems. Therefore, early surveillance, diagnosis as well as treatment, especially among high-risk group of

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HIGHLIGHTS

- This was the most updated and comprehensive meta-analysis based on global population.
- Patients with autoimmune disorders had a higher risk of colorectal cancer.
- The risk-increasing impact was quite consistent across regions.
- Both organ-specific or systemic diseases could significantly increase risk.
- Several diseases acted as protective factors, especially rheumatoid arthritis.

population could effectively improve disease control and survival outcomes.

Dysregulation of the immune system might be a vital trigger for cancer development^[3,4]. Several studies reported potential carcinogenic roles of immune disturbances in colorectal cancer progression^[5–7]. Nevertheless, regarding roles of different autoimmune diseases in colorectal carcinogenesis, current evidence failed to reach a consensus, even though for the same type of autoimmune disease^[8–11]. Furthermore, despite previous meta-analyses with certain conclusions on this topic, those meta-analyses were either antiquated or not methodologically and

statistically credible and comprehensive, which indicated the necessity of performing an updated and comprehensive meta-analysis.

Hence, through a thorough literature retrieval and statistical analysis, we performed an updated and comprehensive meta-analysis based on global population, which helped investigate the association of different autoimmune diseases with colorectal cancer in terms of incidence and risk ratio.

Methods

Search strategy and selection criteria

The work has been reported in line with PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) and AMSTAR (Assessing the methodological quality of systematic reviews) Guidelines^[12–14]. Literature retrieval, methodological assessment, data extraction, and statistical analysis of our meta-analysis conformed to requirements in Cochrane Handbook. Each procedure was performed by two members in our research group. The third researcher helped settle unsolved disputes if happened. Our meta-analysis was registered in PROSPERO. Moreover, our study complied with the TITAN Guidelines 2025^[15]. No AI was used in research and manuscript development.

We thoroughly searched the databases PubMed, Web of Science, and Embase. Since each study needed comprehensive assessment on methodological quality and we only included observational studies, Cochrane Central and ASCO/ESMO meeting libraries were not searched. Moreover, reference lists of previous relevant meta-analyses were also scrutinized. The preliminary literature retrieval started from 2 January 2024 to 30 April 2024, while we made an update search on 10 January 2025, hence covering all records from inception to January 2025. Before full-text assessment, the titles and summaries of the retrieved records were first scrutinized. Details of our search strategy could be found in Supplementary Materials, <http://links.lww.com/JS9/E478>

Studies meeting all inclusion criteria were eligible to be included (based on the PICOS framework):

1. Participant: Real-world unselected participants from global sources were included, without restrictions on races, social status, etc. Among adult participants with pre-specified autoimmune diseases, we excluded those with co-morbidities such as concomitant autoimmune disorders besides exposure or precancerous lesions. Here, we considered specific medications for exposure as potential heterogeneous elements but still eligible for inclusion.

2. Intervention: Adult-onset pre-specified autoimmune diseases were exposure. The definitions and types of autoimmune diseases were confirmed according to the American Autoimmune Related Diseases Association (AARDA). If studies contained a small number of adolescents besides adult participants, we considered the proportion < 20% to be excellent. Studies with larger proportions of adolescents were still included and however were further removed by sensitivity analysis.

3. Comparator: General population or external control without certain autoimmune diseases were non-exposure.

4. Outcome: Incidence as well as the risk ratio of colorectal cancer were main outcomes. We only included primary cancer cases diagnosed with pathological evidences. High-grade intraepithelial neoplasia and recurrent cases were not included. Studies reporting separate colorectal cancer cases were included. Those with combined gastrointestinal cancer cases or studies featuring melanoma, lymphoma, or anal malignancies were ineligible. In terms of incidence, participants with autoimmune diseases must have data on incidence, and only studies providing person-years at risk data (direct or calculative) could be included. Concerning the risk ratio, only adjusted RR/HR or stratified SIR based on general population was eligible, and crude effect sizes were not qualified.

5. Study design: We aimed to investigate the incidence and relative risk of colorectal cancer in autoimmune diseases; therefore, only cohort studies were eligible compared to other observational study types or interventional studies. We only included studies from inception to January 2025. Study language should be English.

Studies with one of following criteria were excluded:

1. Participants had a history of transplantation or surgical treatments.

2. Cohort studies without details for methodological assessments.

Data analysis

We used the Newcastle-Ottawa Scale for methodological assessments. The adaptive standards of the scale for our meta-analysis are demonstrated in Supplemental Digital Content, Table S1 <http://links.lww.com/JS9/E478>. Studies with at least six points were considered of high-quality, four or five points were of medium-quality and three points or lower were of low-quality in methodology.

We used electronic sheets to help collect raw data from eligible studies. Baseline characteristics, incidence, and risk ratio data were extracted from the main text or supplement of studies. The mean follow-up and person-years at risk had mutual conversion relations if needed. The risk ratio was the primary endpoint of our meta-analysis, while incidence served as the secondary endpoint.

We used STATA 14.2 to perform statistical calculation. Adjusted RR/HR or stratified SIR with a 95% confidence interval was utilized as effect sizes for pooled risk analysis, while incident cases as well as total person-years at risk were used for pooled incidence calculation. Classical and proportion meta-analysis was applied for pooling results of risk and incidence, respectively^[16]. As for risk analysis, if the confidence interval of pooled estimates did not cover 1.0 and *P*-value was less than 0.05, the results were regarded as significantly different. However, for incidence analysis, since the pooled results of incidence were proportional, they served more like descriptive instead of comparative outcomes. Cochran's *Q* test and the *I*² statistic were used to evaluate internal heterogeneity. The *P*-value of the *Q* test less than 0.05 or *I*² > 50% indicated significant heterogeneity within pooled studies. The random-effects model was utilized for pooled calculation under circumstances of significant heterogeneity. Funnel plots and Egger's test were used to evaluate publication bias in each category,

where a generally symmetrical funnel plot and $P > 0.05$ of Egger's test usually suggested a low risk of publication bias. Sensitivity analysis was conducted by a leave-one-out method, or excluding studies with heterogeneous population groups, specific medications, heterogeneous follow-up definitions, specific effect-size definitions, or small sample sizes (participants with autoimmune diseases <500). Details of exclusion reasons are listed in Supplemental Digital Content, Table S3 <http://links.lww.com/JS9/E478>. Due to various baseline features of the included studies, we also performed multiple subgroup analyses according to sub-localization, sex, publication era, case count, type of effect size, population source, nationality, and disease type, which helped provide more specific interpretations of pooled outcomes.

Role of the funding source

The funder of the study had no role in study design, data collection, data analysis, data interpretation, or writing of the report.

Results

Baseline features and methodological quality

Via literature retrieval, 145 030 records were preliminarily obtained from main databases, in which 523 studies were ultimately included (Fig. 1). Reasons for exclusion during full-text assessment are listed in Supplemental Digital Content, Table S2 <http://links.lww.com/JS9/E478>. The overall sample size was 91 265 886. The majority of studies featured mean/median age older than 30 years old at diagnosis, with female predominance as well. Overall, data of more than 50 types of autoimmune diseases were available for pooling analysis in our study, derived from over 100 types listed in AARDA. Details of baseline characteristics are further listed in Supplemental Digital Content, Table S3 <http://links.lww.com/JS9/E478>.

A total of 327 studies were of high quality in methodological assessment, while 193 were of medium quality, and only 3 studies were of low quality according to the Newcastle-Ottawa Scale (Supplemental Digital Content, Table S4 <http://links.lww.com/JS9/E478>). The major reasons for studies categorized as

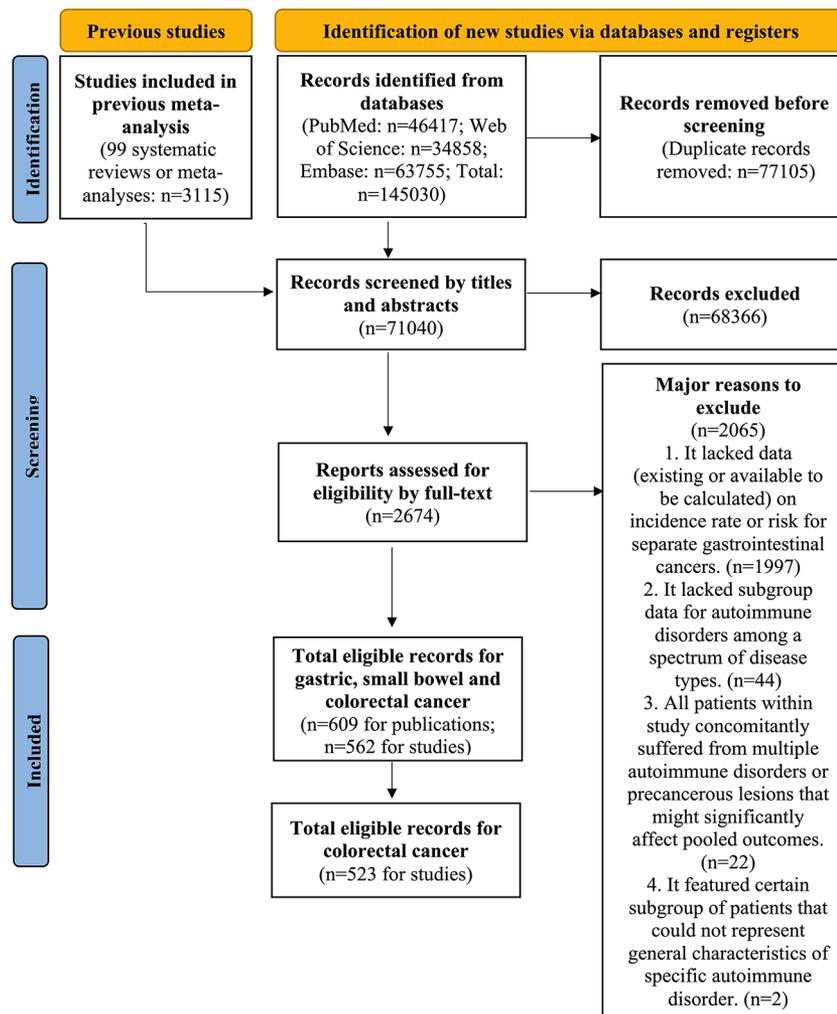


Figure 1. Flow chart of literature retrieval. Note: We concomitantly searched literatures for gastric cancer, small bowel cancer, and colorectal cancer, while for this specific study, colorectal cancer was eligible.

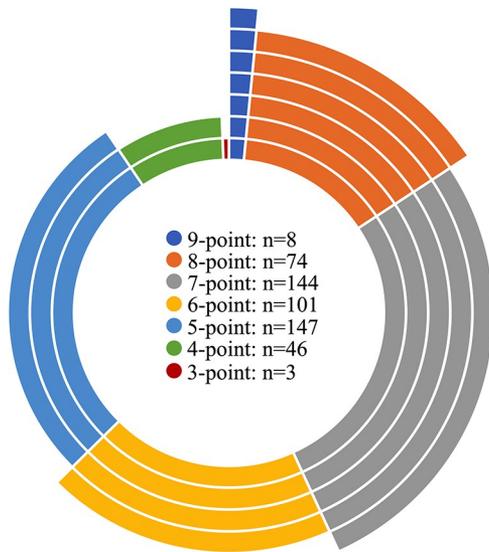


Figure 2. Quality assessment of eligible studies by the Newcastle-Ottawa Scale.

medium or low-quality studies were their single-arm design, or they only had data on the exposure group to be included. Therefore, the overall quality of the included studies was considerably reliable (Fig. 2).

Pooled incidence of colorectal cancer

In terms of colorectal cancer incidence, data from 590 cohorts were eligible for meta-analysis. The pooled incidence of overall cohorts was 96.622 (95% CI: 92.173–101.070) per 100 000 person-years, and sensitivity analyses did not find instability within the pooled results. Colon cancer (54.771, 95% CI: 50.509–59.033) nearly doubled rectal cancer (27.616, 95% CI: 24.938–30.294) in terms of incidence among participants with autoimmune diseases. Those autoimmune patients displayed relatively comparable incidence of colorectal cancer across the majority of included nations, except Finland (58.790, 95% CI: 45.565–72.014), Italy (53.150, 95% CI: 35.099–71.201), and Turkey (40.802, 95% CI: 6.004–75.600), which were considerably lower than overall estimates. Meanwhile, participants with autoimmune disorders from Australia (156.874, 95% CI: 114.321–199.427) and Israel (163.112, 95% CI: 112.650–213.573) displayed relatively high colorectal cancer incidence compared to overall estimates. Regarding specific autoimmune disease types ($n > 5$), patients with primary sclerosing cholangitis (373.515, 95% CI: 265.178–481.852), autoimmune pancreatitis (251.424, 95% CI: 156.372–346.476), IgG4-related disease (211.443, 95% CI: 129.694–293.191), autoimmune gastritis (202.932, 95% CI: 149.811–256.053), inflammatory bowel disease (122.611, 95% CI: 114.015–131.206), or ulcerative colitis alone (149.043, 95% CI: 134.702–163.384) had relatively high incidence compared to overall results. On the other hand, patients with type 1 diabetes (20.485, 95% CI: 12.587–28.382), celiac disease (47.057, 95% CI: 25.756–68.357), Graves' disease (49.292, 95% CI: 28.892–69.691),

lupus (56.499, 95% CI: 44.888–68.111), systemic lupus erythematosus alone (55.971, 95% CI: 44.008–67.933), multiple sclerosis (57.306, 95% CI: 44.565–70.048), and Behçet's disease (57.906, 95% CI: 43.232–72.580) had lower incidence of colorectal cancer than overall results (Fig. 3).

Pooled risk ratio of colorectal cancer

In terms of colorectal cancer risk, data from 436 cohorts were eligible. Overall, the pooled risk ratio was 1.244 (95% CI: 1.190–1.300, $P < 0.001$), suggesting significantly the increased risk of colorectal cancer among autoimmune disease patients than disease-free counterparts. Significant heterogeneity was validated by Cochran's Q test ($P < 0.001$) and the I^2 statistic (93.5%). Publication bias was suspected according to the funnel plot (Figure S1) and Egger's test ($P < 0.001$). The stability of the pooled estimates was proved by sensitivity analyses. Regarding subgroup analyses, irrespective of sex, sub-localization, or major geographical regions, patients with autoimmune diseases had a significantly increased risk of colorectal cancer than the control population. Specifically, participants with autoimmune disorders from New Zealand (2.976, 95% CI: 1.725–5.133, $P < 0.001$), Germany (2.186, 95% CI: 1.080–4.424, $P = 0.030$), China (1.421, 95% CI: 1.157–1.747, $P < 0.001$), and Sweden (1.409, 95% CI: 1.237–1.605, $P < 0.001$) were even more susceptible to colorectal cancer compared to disease-free participants. As for specific autoimmune disease types ($n > 5$), primary sclerosing cholangitis (6.717, 95% CI: 4.103–10.997, $P < 0.001$), idiopathic inflammatory myopathies (2.468, 95% CI: 1.889–3.225, $P < 0.001$), dermatomyositis alone (3.366, 95% CI: 1.897–5.971, $P < 0.001$), inflammatory bowel disease (1.778, 95% CI: 1.591–1.988, $P < 0.001$), Crohn's disease alone (1.714, 95% CI: 1.501–1.956, $P < 0.001$), ulcerative colitis alone (1.720, 95% CI: 1.459–2.028, $P < 0.001$), autoimmune hepatitis (1.571, 95% CI: 1.138–2.167, $P = 0.006$), ANCA-associated vasculitis (1.384, 95% CI: 1.071–1.790, $P = 0.013$), sarcoidosis (1.317, 95% CI: 1.166–1.486, $P < 0.001$), scleroderma (1.222, 95% CI: 1.016–1.469, $P = 0.033$), type 1 diabetes (1.174, 95% CI: 1.022–1.348, $P = 0.024$), and psoriasis (1.147, 95% CI: 1.059–1.243, $P = 0.001$) were confirmed to increase the risk of colorectal cancer among autoimmune participants, while Sjögren syndrome (0.774, 95% CI: 0.607–0.988, $P = 0.040$) and rheumatoid arthritis (0.840, 95% CI: 0.788–0.895, $P < 0.001$) were linked to risk-decreasing effects by the pooled risk ratio. Meanwhile, despite fewer studies, several types of autoimmune disease were also potentially associated with an elevated or decreased risk of colorectal cancer among autoimmune participants in the pooled risk ratio, including membranous nephropathy (3.499, 95% CI: 1.115–10.979, $P = 0.032$), hidradenitis suppurativa (1.426, 95% CI: 1.210–1.680, $P < 0.001$), idiopathic thrombocytopenic purpura (1.371, 95% CI: 1.176–1.598, $P < 0.001$), alopecia areata (0.940, 95% CI: 0.895–0.987, $P = 0.013$), and lichen sclerosus (0.887, 95% CI: 0.798–0.985, $P = 0.025$) (Fig. 3).

Discussion

Currently, associations between autoimmune diseases and colorectal cancer were unclear^[17,18]. There were few updated and comprehensive pooled results on the associative role of overall

Our meta-analysis was an updated and most comprehensive meta-analysis based on global population on this topic. We only included English-language articles since English was predominantly applied in medical researches even though in non-English speaking countries. Although there might be some non-English articles on this topic, their methodological quality, research details, and authenticity could not be fully checked and trusted not only by us but also by readers of our analysis, since not all readers were multilinguals. Therefore, we believed that this strategy could still guarantee the integrity and quality of literature retrieval. Total sample sizes and numbers of included studies were adequate for credible results. Meanwhile, we conducted several sensitivity analyses and various types of subgroup analyses to confirm the stability as well as provide extensive applicability of overall estimates. Although publication bias was detected, we further used a “trim-and-fill” method to prove that this bias had insignificant impacts on pooled estimates. However, there were still several limitations in our meta-analysis. First, since this was not an individual-participant-data meta-analysis, the impacts of internal heterogeneity on pooled estimates could not be fully eliminated despite the random-effects model with adjusted effect sizes. Different population sources and regions hinted diversified racial and genetic backgrounds, various lifestyles, and economic statuses, as well as different disease subtypes. All these could contribute to significant heterogeneity in our pooled analysis. Besides, differences in diagnostic criteria for the same disease type could also lead to different compositions of patients. Second, different studies based on the same source of the database might partially overlap in terms of included participants, which resulted in repetitive data and could not be fully recognized. Thirdly, due to a limited amount of subgroup data, we could not evaluate impacts of other confounding factors such as medication, diseases course, social status, smoking, and so on.

In conclusion, patients with autoimmune diseases were associated with significantly a higher risk of colorectal cancer in general or specific settings. Unlike our gastric and small bowel cancer pooled results, this risk-increasing impact on colorectal cancer was quite consistent across Nordic, Western, and East Asian countries. Both digestive organ-specific or systemic autoimmune diseases could significantly increase the risk of colorectal cancer, including primary sclerosing cholangitis, idiopathic inflammatory myopathies, inflammatory bowel disease, autoimmune hepatitis, ANCA-associated vasculitis, sarcoidosis, scleroderma, type 1 diabetes, psoriasis, membranous nephropathy, hidradenitis suppurativa, and idiopathic thrombocytopenic purpura. Interestingly, several autoimmune diseases might help to lower colorectal cancer risk, especially rheumatoid arthritis, while it had no such effects on gastric or small bowel carcinogenesis.

Ethical approval

Not applicable.

Sources of funding

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Author contributions

Study design: Ji Cheng; Manuscript writing and revision: Ji Cheng and Guobin Wang; Literature retrieval: Ji Cheng and Ming Cai; Discretion of eligibility: Ji Cheng and Ming Cai; Quality assessment: Ji Cheng and Ming Cai; Data extraction: Ji Cheng and Guobin Wang; Statistical analysis: Ji Cheng and Ming Cai.

Conflicts of interest disclosure

We declare no competing interests.

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Provenance and peer review

Not commissioned, externally peer-reviewed.

Data availability statement

Not applicable.

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