

IBD Patient News



Summer 2019

U-M Division of Gastroenterology

To help you, your friends and family better understand Crohn's disease and ulcerative colitis, the team of experts at Michigan Medicine IBD Program have created a series of short, educational videos called IBD School.

We have found that patients have many basic questions immediately after diagnosis and turn to the internet for answers—answers that are often unreliable. We've also found that a lot of patients who have had IBD for years don't know some very important information about disease complications, medication benefits and risks, cancer risks and preventative strategies, and strategies to reduce risk of infection and surgery for IBD.

This video series was created so you can be sure your information is reliable. We also make sure it's easy to understand. Our goals are for you to understand your disease, understand your choices of tests and treatments, and make more informed decisions that will improve your health and well being.

You can access these videos through our website at <https://www.uofmhealth.org/conditions-treatments/digestive-and-liver-health/ibdschool>.

The Basics

- [101 - IBD School: Introduction](#)
- [102 - IBD School: What is Crohn's Disease?](#)
- [103 - IBD School: What is Ulcerative Colitis?](#)
- [104 - IBD School: What Causes IBD?](#)
- [105 - IBD School: Does IBD Affect Other Organs?](#)
- [106 - IBD School: Does Everyone Need Surgery?](#)
- [107 - IBD School: Do I Have to Take Medications?](#)
- [108 - IBD School: Will I Be Able to Live a Normal Life?](#)
- [109 - IBD School: IBD Mythbusters!](#)
- [110 - IBD School: Where is my IBD?](#)

More Advanced Topics

- [201 - IBD School: Urgency](#)
- [202 - IBD School: Behavioral Health and Stress Management in IBD](#)
- [203 - IBD Fodmaps](#)
- [204 - IBD School: Fatigue \(Part I\)](#)
- [204 - IBD School: Treating Fatigue \(Part II\)](#)
- [205 - IBD School: Telogen Effluvium \(Hair loss in IBD\)](#)
- [206 - IBD School: What Causes Flares?](#)
- [207 - IBD School: Effect of Smoking and Nicotine on IBD](#)
- [208 - IBD School: Rescue Therapies Need an Exit Strategy](#)
- [209 - IBD School: Part 1: Causes of Symptoms in IBD](#)
- [209 - IBD School: Part 2: Causes of Symptoms in IBD](#)
- [210 - IBD School: Angular Cheilitis](#)
- [213 - IBD School: Blood Clots](#)
- [215 - IBD School: Kidney Stones in IBD](#)
- [219 - IBD School: Intestinal Infections Can Resemble Flares](#)
- [220 - IBD School: Clostridium Difficile, CMV, and other infections that look like flares](#)
- [221 - IBD School: C Difficile Infection and Reinfection, Testing & Re-testing](#)
- [222 - IBD School: C Difficile Therapy: Vanco, Flagyl, FMT](#)
- [225 - IBD School: Abscesses](#)
- [226 - IBD School: Fistulas](#)
- [234 - IBD School: Dysplasia and colorectal cancer in chronic colitis](#)
- [235 - IBD School: Dysplasia Surveillance Why and How](#)

If you have suggestions for topics you'd like to see that are not currently available, we'd be grateful for your input. You can contact our research team at higginssteam@umich.edu.

Medication - The List

- [307 - IBD School: Ciprofloxacin](#)
- [326 - IBD School: Medical Marijuana in IBD](#)

Surgical Options

- [401 - IBD School: When to Undergo Surgery for Ulcerative Colitis](#)
- [402 - IBD School: Surgical Options for Ulcerative Colitis](#)
- [403 - IBD School: Subtotal Colectomy](#)
- [404 - IBD School: Total Proctocolectomy](#)
- [406 - IBD School: Ileorectal Anastomosis](#)
- [412 - IBD School: Strictureplasty + SBR](#)
- [416 - IBD School: Surgery Recovery](#)

How to Interpret Your Labs

- [501 - IBD School: C-reactive protein](#)
- [502 - IBD School: ESR](#)
- [503 - IBD School: Fecal calprotectin](#)
- [504 - IBD School: Complete Blood Count \(CBC\) Part I](#)
- [505 - IBD School: Complete Blood Count \(CBC\) Part II](#)
- [512 - IBD School: Tuberculosis Testing with QFTB and PPD](#)

Fertility, Pregnancy and Breastfeeding

- [801 - IBD School: Fertility in IBD](#)
- [802 - IBD School: Breastfeeding and IBD](#)
- [803 - IBD School: Risks of Flares During Pregnancy](#)
- [804 - IBD School: Pregnancy and IBD Medications](#)
- [806 - IBD School: Pregnancy and Delivery with IBD](#)
- [807 - IBD School: IBD, Flares and the Postpartum Period](#)
- [809 - IBD School: Inheriting IBD](#)

Misc. Videos

- [Gut Bugs: The Microbiome and IBD](#)
- [How to Shop For Groceries with IBD](#)

Currently Enrolling Clinical Trials

Ulcerative Colitis

ABT494—Upadacitinib

Oral tablet (Recruitment on hold until Aug. 2018)

This is a phase 2b/3 study for patients with moderate to severe Ulcerative Colitis to evaluate the safety and effectiveness of a new medication targeting JAK1.

Crohn's Disease

M16-006—Risakinumab

IV Induction / Subcutaneous injections for maintenance

This is a phase 3 study to evaluate the safety and efficacy of Risakinumab in subjects with moderate to severe Crohn's Disease.

ABT494— Upadacitinib

Oral tablet

This is a phase 3 study to evaluate the safety and efficacy of Upadacitinib in subjects with moderate to severe Crohn's Disease. If eligible, subjects could be in the study for up to 244 weeks.

Observational

Biofire: To determine if intestinal infections are associated with flares of irritable bowel syndrome with diarrhea

Databank: Collect various samples from healthy volunteers and those with IBD

FitBit Steroid Taper: Track the outcomes of steroid tapers with the use of a FitBit wristband. The FitBit will monitor activity levels, sleep and heart rate in order to predict the outcomes of steroid tapers and predict future flares. Patients who are tapering off of prednisone and have Ulcerative Colitis or Crohn's Disease are eligible to participate.

PASS: To learn more about long-term use and safety of Vedolizumab used in IBD treatment

Sparc: Identify new tests to predict who will respond to what treatment

Target: 5 year study for adults and pediatrics to specifically address clinical questions that remain unanswered from registration trials

3D Printed Custom Ostomy Wafers: To improve the quality and design of traditional ostomy wafers by 3D printing customized silicone wafers for patients. Patients with ostomies are eligible to participate.

MORE TO COME

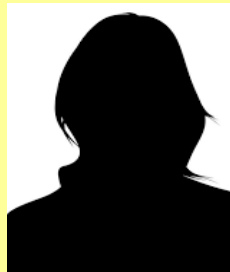
In addition to several new trials waiting approval and start-up, we are always reviewing protocols to determine if there are studies that could work well here at UofM and offer a benefit to our patients.

For the latest information on what you may be eligible for, speak with your GI physician and let them know you're interested in clinical research.

IBD CLINICAL RESEARCH TEAM



Zack Bearinger



New Staff Member



Jen Dixon



Carolyn Graham



Kelli Porzondek
Project Manager



Kimberly Heeringa



Katelin Roth



Angie Theil



Tasneem Tweel