IBD SCHOOL

To help you and your family better understand Crohn's disease and ulcerative colitis, the University of Michigan Crohn's and Colitis Program has created a series of short, educational videos called IBD School.

Below is the extensive list of topics:

101: Introduction
102: What is Crohn's?
103: What is Colitis?
104: What Causes IBD?
105: Effect on Other Organs?
106: Do I Need Surgery?
107: Medications?
108: Live a Normal Life?
109: IBD Mythbusters!
110: Where is My IBD?
201: Urgency
202: Behavioral Health
203: FODMAPs
204: Part 1: Fatigue
205: Telogen Effluvium (Hair Loss in IBD)
206: What Causes Flares?
213: Blood Clots
326: Medical Marijuana in IBD
401: When to Undergo Surgery for Ulcerative Colitis
402: Surgical Options for Ulcerative Colitis
403: Subtotal Colectomy
404: Total Proctocolectomy
406: Ileorectal Anastomosis
412: Strictureplasty + SBR
501: C-reactive Protein
502: ESR (Erythrocyte Sedimentation Rate)
503: Fecal Calprotectin
504: Complete Blood Count (CBC) Part I
505: Complete Blood Count (CBC) Part II
512: Tuberculosis Testing with QFTB and PPD
801: Fertility in IBD
802: Breastfeeding and IBD
803: Risks of Flares During Pregnancy
804: Pregnancy and IBD Medications
806: Pregnancy and Delivery with IBD
807: IBD, Flares and the Postpartum Period
809: Inheriting IBD

www.med.umich.edu/ibd/school/
New Lab Tests for IBD

Starting October 1, our University of Michigan Labs will be able to do fecal calprotectin tests locally, which will give us results much faster (12-48 hours vs. current 1 week). This will make it easier for your doctor to measure gut inflammation in a stool sample, and will be helpful for both patients in clinic, and for patients in the hospital.

We know that low levels of Remicade or Humira can predict a flare and the development of antibodies against these biologic medications for IBD. We often test these levels if these medications are not working as well as we would expect, and can adjust dosing if the drug levels are too low. Two other new tests are coming soon – the measurement of Cimzia (certolizumab) and Entyvio (Vedolizumab) levels in the blood. While research studies have shown that many patients who are not doing well on Cimzia or Entyvio have very low levels of the drug in their blood, we have not been able to measure these levels in practice. New commercial tests are now available, so that we can start testing drug levels to see if this is the problem in patients who are not doing very well on these drugs. It is not clear yet whether insurance companies will allow us to adjust to higher doses of Cimzia or Entyvio when the drug level is too low, but hopefully that will be the case.