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 Myths and Mythsbusters!
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 School: Fatigue (Part I)
204 - IBD School: 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
211 - 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

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
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.

**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.

**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.

**IBD Clinical Research Team**

- Zack Bearinger  
- New Staff Member  
- Jen Dixon  
- Carolyn Graham  
- Kelli Porzondek  
- Kimberly Heeringa  
- Katelin Roth  
- Angie Theil  
- Tasneem Tweel