

## Did you know?

### Skin and IBD Patients

The skin is one of the most commonly affected organ systems in individuals suffering from Crohn's disease and ulcerative colitis. According to the Crohn's and Colitis Foundation, approximately 5% of people with IBD are affected by skin disorders associated with IBD. Commonly seen skin disorders of IBD patients include erythema nodosum (little red bumps usually on or around shins, ankles, and arms), pyoderma gangrenosum (pus-filled blisters or ulcers often around the shins, ankles, or arms), and aphthous stomatitis (mouth ulcers or canker sores). While it is not known exactly what causes some individuals with IBD to develop skin disorders, researchers believe that over-activity of the immune system commonly seen in patients with IBD along with a disturbance in the relationship between immune system defense and tolerance systems may be to blame.



While there is no way to prevent extra-intestinal skin manifestations associated with IBD, often times treating the intestinal symptoms usually improves extra-intestinal manifestations also. Common treatments include corticosteroids, antibiotics such as metronidazole and tetracycline, methotrexate, azathioprine, and sulfasalazine. Ultimately, it is important for your healthcare provider to be alerted to skin manifestations for evaluation and treatment .

### IBD Insider: Patient Updates from the Crohn's & Colitis Congress®

Join the first-ever live virtual patient and caregiver scientific symposium—at no cost!  
January 25, 2020, from 1:30p.m.—3:30p.m. EST

Get the latest on :

- Current IBD treatments and best practices
- Behavior and lifestyle influences on IBD patients' quality of life
- Nutrition, exercise, behavioral and other lifestyle therapies, and their roles in the management of IBD symptoms
- Current research on the function of the lining of the intestines, and its role in the treatment and prevention of IBD
- Getting the right treatment, best approaches in pediatric IBD
- And much more!

For more information or to register: <https://www.crohnscolitisfoundation.org/ibdinsider>

IBD Insider: Patient Updates from the Crohn's & Colitis Congress® is hosted in partnership with the Crohn's & Colitis Foundation and the American Gastroenterological Association, two leading advocacy groups for patients and professionals.



# Currently Enrolling Clinical Trials

## Ulcerative Colitis

### ABT494—Upadacitinib

*Oral tablet*

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.

### BBT-401

*Oral tablet*

This is a phase 2b study for patients with moderate to severe Ulcerative Colitis to evaluate the safety and effectiveness of a new pellino-1 inhibitor.

### ECO-RESET

*Oral capsule*

This is a phase 2b study for patients with active, mild to moderate Ulcerative Colitis to evaluate the safety and effectiveness of a new medication that will introduce healthy bacteria to the gut without suppressing the immune system.

## 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 Studies

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

**Corrona Registry:** Provide information that may help with future treatment options for patients with IBD

**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.

**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

## IBD CLINICAL RESEARCH TEAM



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