

# IBD Patient News



University of Michigan  
Health System

Fall 2016

U-M Division of Gastroenterology

## 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                         | 206: What Causes Flares?                            | 505: Complete Blood Count (CBC) Part II     |
| 102: What is Crohn's?                     | 213: Blood Clots                                    | 512: Tuberculosis Testing with QFTB and PPD |
| 103: What is Colitis?                     | 326: Medical Marijuana in IBD                       | 801: Fertility in IBD                       |
| 104: What Causes IBD?                     | 401: When to Undergo Surgery for Ulcerative Colitis | 802: Breastfeeding and IBD                  |
| 105: Effect on Other Organs?              | 402: Surgical Options for Ulcerative Colitis        | 803: Risks of Flares During Pregnancy       |
| 106: Do I Need Surgery?                   | 403: Subtotal Colectomy                             | 804: Pregnancy and IBD Medications          |
| 107: Medications?                         | 404: Total Proctocolectomy                          | 806: Pregnancy and Delivery with IBD        |
| 108: Live a Normal Life?                  | 406: Ileorectal Anastomosis                         | 807: IBD, Flares and the Postpartum Period  |
| 109: IBD Mythbusters!                     | 412: Strictureplasty + SBR                          | 809: Inheriting IBD                         |
| 110: Where is My IBD?                     | 501: C-reactive Protein                             |   |
| 201: Urgency                              | 502: ESR (Erythrocyte Sedimentation Rate)           |   |
| 202: Behavioral Health                    | 503: Fecal Calprotectin                             |   |
| 203: FODMAPs                              | 504: Complete Blood Count (CBC) Part I              |   |
| 204 – Part 1: Fatigue                     |   |   |
| 204 – Part 2: Treating Fatigue            |   |   |
| 205: Telogen Effluvium (Hair Loss in IBD) |   |   |

[www.med.umich.edu/ibd/school/](http://www.med.umich.edu/ibd/school/)

## TAKE STEPS FOR CROHN'S & COLITIS

**Take Steps  
Northwest Ohio**  
September 24, 2016  
Toledo Zoo  
8:30 a.m. Registration Opens  
9:30 a.m. Walk Begins

**Take Steps Lansing**  
October 1, 2016  
Hawk Island  
3:00 p.m. Registration Opens  
4:30 p.m. Walk Begins

**Take Steps Ann Arbor**  
October 8, 2016  
Gallup Park  
10:00 a.m. Registration Opens  
11:30 a.m. Walk Begins

For more information or to register visit  
[www.cctakesteps.org](http://www.cctakesteps.org)

**Patient Education  
on the Road**

**Mark your  
calendar!**

**UPCOMING EVENTS**

October 20<sup>th</sup> – Lansing  
November 9<sup>th</sup> – Frankenmuth  
December 15<sup>th</sup> – Dearborn  
January TBD - Kalamazoo

Contact Kay Sauder for a reservation or to get more information on this upcoming event.  
[ksauder@med.umich.edu](mailto:ksauder@med.umich.edu) or 734-647-2564

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[med.umich.edu/ibd/school/index.html](http://med.umich.edu/ibd/school/index.html)  
(these are our IBD School videos!)



# Currently Enrolling IBD Clinical Studies

## ETROLIZUMAB

### HICKORY

#### **Drug: etrolizumab, injection under the skin**

This is a phase 3 study for patients with moderate to severe active **ulcerative colitis**. This medication is an anti-integrin  $\beta 7$  therapy that regulates white blood cell trafficking in the lining of the intestines.

### BERGAMOT

#### **Drug: etrolizumab, injection under the skin**

This is a phase 3 study for patients with moderate to severely active **Crohn's disease** to evaluate the safety and effectiveness of etrolizumab, a Beta 7 anti-integrin that acts on the lining of the gut to block white blood cell trafficking. If enrolled in the study, patients have the ability to receive free etrolizumab for up to 7 years.

## AMAC-LILLY

### **Drug: LY3074828 (anti-IL23)**

A phase 2, multicenter, randomized, double-blind, parallel, placebo-controlled study of **LY3074828** in subjects with moderate to severe ulcerative colitis.

If enrolled in the study, patients have the ability to receive free drug for up to 92 weeks.

## SASA SWITCH STUDY

This is a study aimed to switch patients with **ulcerative colitis** from an expensive 5-ASA to the more cost efficient sulfasalazine. We will work closely with patients to ensure proper dosing of sulfasalazine and monitor disease symptoms.

## UNIFI

### **Drug: ustekinumab (Stelara), injection under the skin**

This is a phase 3 study for patients with moderate to severe active **ulcerative colitis**. The total time in the study could be up to approximately 220 weeks (4.25 years). If you qualify, you will receive study-related medications and physical exams at no charge to you. Participation will require regular monthly visits for the duration of the study.

## SERENE—M14

### **Drug: adalimumab (Humira)**

This is a Phase 3 study for the purpose of evaluating the effectiveness and safety of two different adalimumab dosing regimens and to assess the pharmacokinetics of adalimumab following subcutaneous administration in subjects who have moderately to severely active Crohn's disease and evidence of mucosal ulceration.

## OZANIMOD

### **Drug: RPC01, oral medication**

There are two studies available. One for patients with moderate to severe active ulcerative colitis and another for those with Crohn's disease

**The UC study** is a two part study where those who qualify to participate will receive investigational medication during Part 1 of the study which lasts for 10 weeks. Patients who respond to the treatment at the end of 10 weeks will enter Part 2 of the study, which may continue for an additional 42 weeks. There is also an extension to this study which will go until 2020.

## LUX-MEDI2070

### **Drug: MEDI2070, injection under the skin**

This is a phase 2 study for patients with moderate to severely active **Crohn's disease** to evaluate the safety and effectiveness of a new biologic medication targeting interleukin-23.

**Contact the UM IBD Clinical Trials Team!**

**email: [higginsSCteam@umich.edu](mailto:higginsSCteam@umich.edu)**

**or call**

**734-647-4548**

# 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.

## 39<sup>th</sup> Annual CCFA Evening at the Movies

Thursday, November 3, 2016  
at Emagine Theaters in Royal Oak

The evening will begin at 6:30 p.m. featuring a silent auction and strolling dinner with complimentary wine pairings. At 7:30 p.m. the evenings program will begin followed by the Exclusive Movie Presentation at 8:00 p.m.

Visit [CCFA.org](http://CCFA.org) for more information and to register for this event.