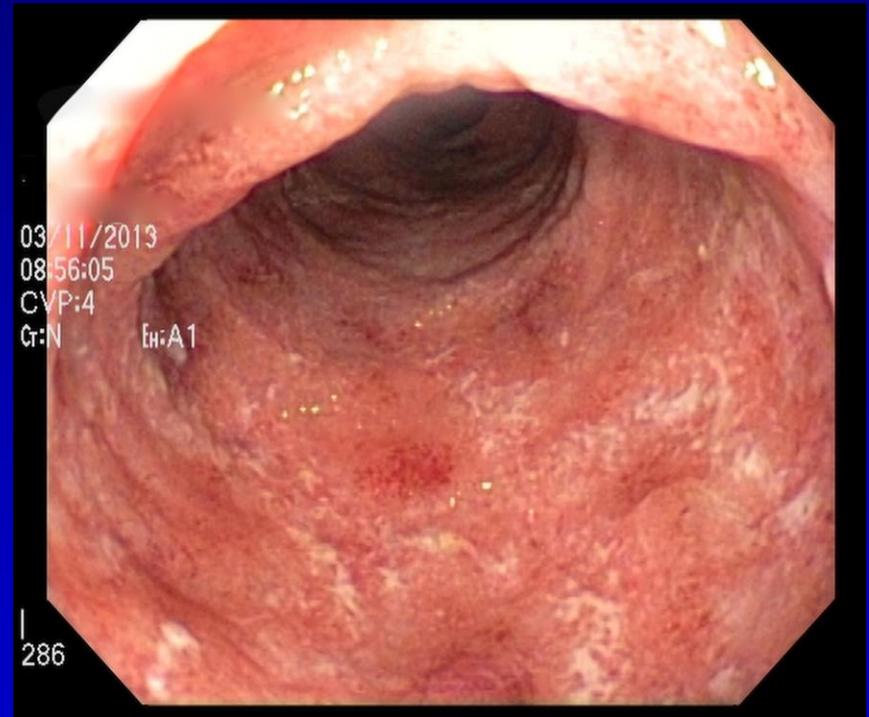


Where to Start? Things You Need to Know About IBD

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Ulcerative Colitis

- Contiguous from the rectum
- Colon only
- Granular, uniformly inflamed mucosa
 - “ulcerative” is a misnomer
- Surgical cure

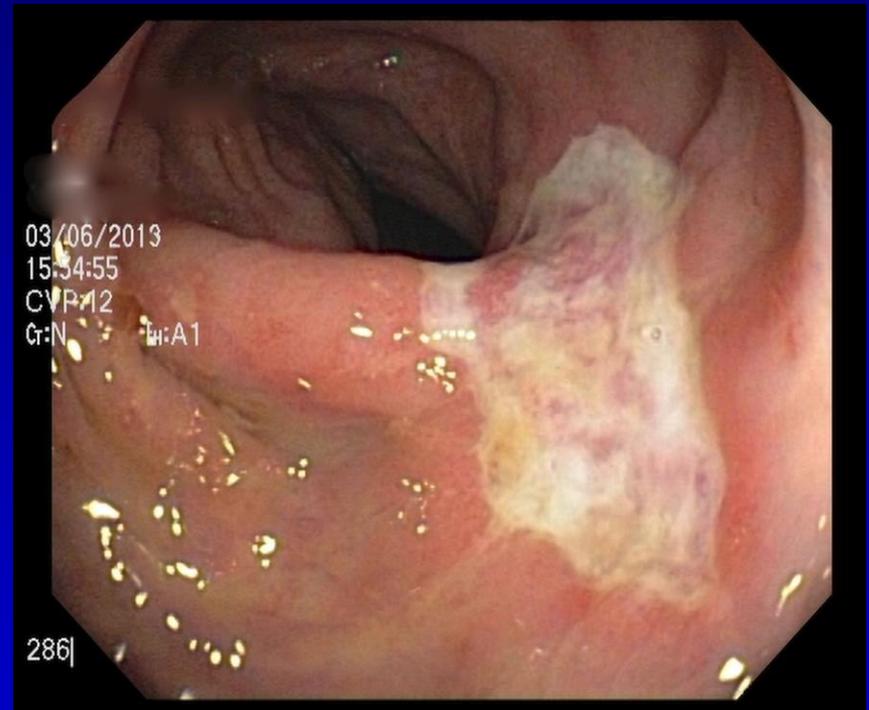


Ulcerative Colitis

- Symptoms depend upon extent and severity of inflammation.
 - Bleeding
 - Urgency
 - Tenesmus
 - Diarrhea, cramping
 - Typically not: Fever, weight loss, nausea

Crohn's Disease

- Ulceration
- Patchy distribution
- Frequently not confined to the colon
- Most commonly ileocecal location
- Perianal disease
- Lack of a definitive surgical cure



Crohn's Disease

- Symptoms and complications are predictably different from UC
 - Typically diarrhea without blood
 - Weight loss, nausea, fever, are more common than UC
 - Deeper ulceration / inflammation
 - Potentially a structurally progressive disease.

But... Exceptions Are Common

- Segmental UC – like disease
 - Is this Crohn's?
 - Cecal patch
 - Patchy healing
- Colon only Crohn's?
 - Indeterminate appearance?
- Potential Change in Diagnosis
 - Over time. After surgery.

But... Exceptions Are Common

- This is a spectrum of disorders, not a dichotomy

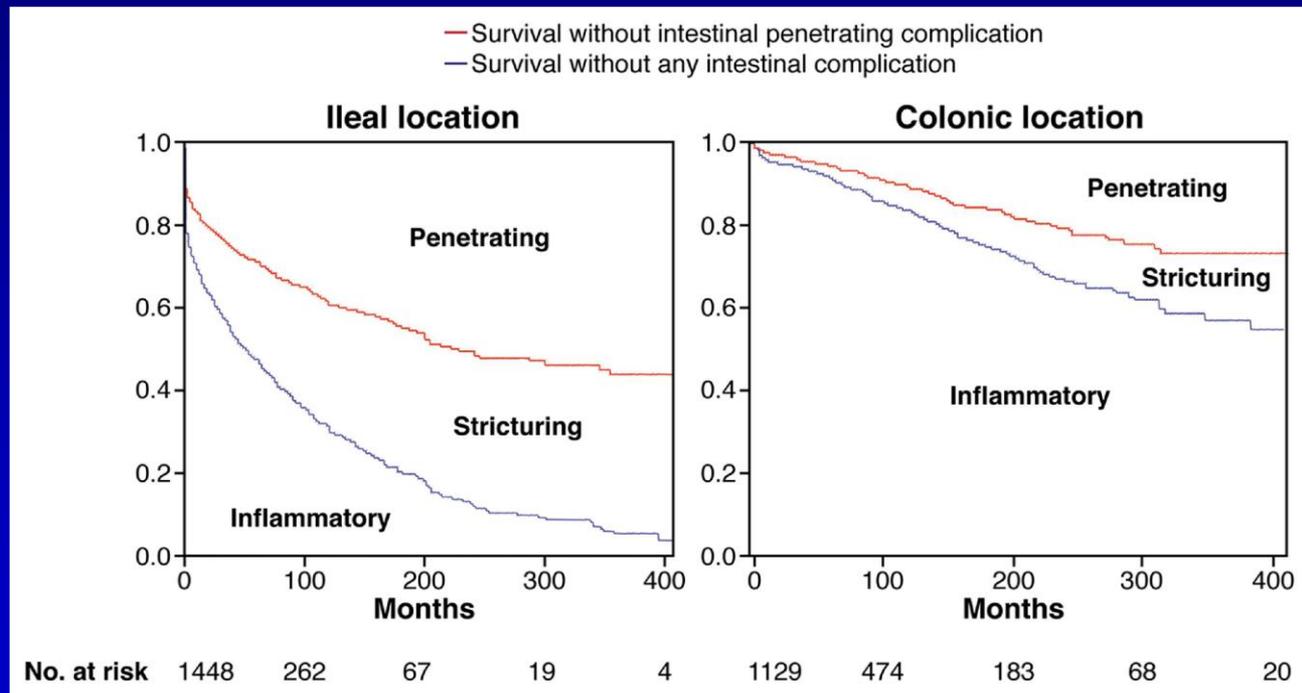
Symptoms

- Severity in both conditions varies widely
 - trivial to severe

Are These Meds Worth the Risk?

- Beyond 5 ASA, the list seems overwhelming
- Lab abnormalities?
- Liver issues?
- Infection?
- Cancer?

Natural History of Crohn's Disease



Are These Meds Worth the Risk?

- Prednisone, the devil you know?

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Are These Meds Worth the Risk?

- Prednisone, the devil you know?
- For more than mild disease, the risks of standard of care therapy are far less than that of the disease itself or recurrent steroid use.

Anecdotes Are (Almost) Useless

- Inherently relapsing, remitting condition
 - Regression to the mean

Avoiding Flares

- Meds!
- NSAIDs
- GI infections
- Antibiotics
- Stress

Not All Symptoms Are IBD

- Nothing about having IBD protects you from other stuff
- Many of the treatments used for IBD have some degree of risk
- Treating the wrong thing doesn't help.

Not All Symptoms Are IBD

- 58 y/o man with mild colonic Crohn's disease
- Doing well on mesalamine
- Develops upper belly pain
 - Burning, worse with big meals & spicy foods
 - Labs & exam are essentially normal

Not All Symptoms Are IBD

- Endoscopy shows a fairly normal looking stomach
- Biopsy shows mild inflammation with a few granulomas
- Treated with 6 MP
- Symptoms worsen

Not All Symptoms Are IBD

- 23 y/o lady with UC, in remission
- Develops right lower quadrant pain
- Treated with Remicade
- ...

Not All Symptoms Are IBD

- Medication side effects
- Acute infections
- C. difficile
- Everything else...

Not All Symptoms Are IBD

- Coexisting IBS is extremely common
 - Day to day variation

Not All Symptoms Are IBD

- New symptoms require thought & typically an evaluation
- Expected?
- Are symptoms typical for you?
- Implications of the decision being made.
- Labs & exam

Symptom Control Is Not the Only Important Goal

- Postoperatively in Crohn's disease
- Otherwise in Crohn's?
- UC?

Staying Healthy

- Find the right doc.
- Listen to them

Summary

- Don't be afraid of the meds
- Not all symptoms are IBD
- Inflammation is important
- Find a good doc