Inflammatory Bowel Disease: Role of the Primary Care Provider in Identification and Management

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Learning Objectives

• Review IBD 101: Epidemiology, Pathophysiology
• Understand treatment strategies and therapeutic target goals
• Discuss role of the primary care provider in IBD
• Develop a health maintenance plan and provide preventative care for a patient with IBD

Definition and Epidemiology of IBD

• Idiopathic, chronic inflammatory disease
  • Crohn’s disease (CD): any part of GI tract
  • Ulcerative colitis (UC): involves only colon
• Characterized by activation or dysregulation of the immune system
• Periods of remission & relapse
• Symptoms vary widely based on location and severity
• IBD is not irritable bowel syndrome (IBS)
### Increasing Incidence of IBD with Time

<table>
<thead>
<tr>
<th>Ulcerative colitis</th>
<th>Crohn’s disease</th>
</tr>
</thead>
<tbody>
<tr>
<td>Europe: 24.3 per 100,000 PY</td>
<td>Europe: 12.7 per 100,000 PY</td>
</tr>
<tr>
<td>North America: 19.2</td>
<td>North America: 20.2</td>
</tr>
<tr>
<td>Asia &amp; Middle East: 6.3</td>
<td>Asia &amp; Middle East: 5.0</td>
</tr>
</tbody>
</table>

- Data traditionally from large Canadian & European populations, and analysis of predominantly Caucasian population

In United States:
- Incidence of IBD among African Americans approaching Caucasians
- Incidence of UC among Hispanics is increasing relative to Caucasians
- Limited data of incidence/prevalence of IBD among Asians

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### Chronic Inflammation: Proteins Called Cytokines Are the Light Switch

![Diagram of cytokines]

“On” “Off”

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### Symptomatology of Ulcerative Colitis

- Altered bowel movements
  - Increased stool frequency
  - Decreased stool consistency
- Abdominal pain
  - LLQ cramping, relieved with defecation
  - Tenesmus
- Blood in stool
- Simple Colitis Activity Index (SCAI)

Author: Connormah

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### Symptomatology of Crohn’s Disease

- Diarrhea – chronic or nocturnal
- Abdominal pain – post prandial, RLQ, distension
- Weight loss
- Fever
- Rectal bleeding
- Harvey Bradshaw Index (HBI)

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Clinical Features of IBD

- Abdominal tenderness
- Palpable mass
- Perianal disease
- Extra-intestinal manifestations

Common Physical Examination Findings

- Anemia
- Leukocytosis
- Elevated ESR/CRP*
- Small bowel disease
- Fistulas
- Strictures

Common Laboratory & Radiographic Findings

Differential Diagnosis for IBD

- Clinical symptoms not specific for disease
- DDX: ‘IBD Mimickers’
  - Infection:
    - Ileocolonic - bloody diarrhea: Campylobacter, Salmonella, E-coli, Shigella
    - Terminal ileum - RLQ pain: Yersinia enterocolitica, appendicitis
    - Proctitis - rectal pain: Chlamydia trachomatis
  - Ischemia, Radiation, Drugs (NSAIDs)

Endoscopic Features for IBD

- Ulcerative Colitis
  - Contiguous & circumferential
  - Erythema
  - Loss of vascular pattern
  - Friability
  - Granularity
  - Edema

- Crohn’s Disease
  - Discontinuous, patchy
  - Aphthous or punched out ulcers
  - Serpiginous, linear ulcers
  - Noncaseating granulomas (~5-15%)
  - Rectal sparing (*more common with CD)
  - Strictures
  - Fistulas

Role of Colonoscopy in IBD

Normal findings of terminal ileum and colon
Components of IBD Diagnosis

- History
- Physical Examination
- Labs
  - CBC, CMP, ESR, CRP, iron studies, vitamin B12, vitamin D, zinc, folate
  - Fecal calprotectin
  - Stool
    - C difficile toxin PCR
    - O&P, Giardia
- Endoscopy
  - Colonoscopy, EGD (if CD suspected)
- Cross-sectional imaging
  - CT or MRI enterography
- Additional diagnostic studies
  - Capsule endoscopy
  - Device assisted balloon enteroscopy

Extraintestinal Manifestations of IBD

- Kidney stones
- Interstitial nephritis
- Venous thrombosis
- Anemia
- Rheumatologic
  - Peripheral arthritis
  - Ankylosing spondylitis and sacroiliitis
- Dermatologic
  - Pyoderma gangrenosum
  - Erythema nodosum
- Ocular
  - Episcleritis
  - Uveitis/Iritis
- Hematologic
  - Primary sclerosing cholangitis (PSC)
- Gastrointestinal
  - Gallstones
  - Primary sclerosing cholangitis
  - Erythema nodosum
  - Venous thrombosis
  - Anemia

Sources:
- Mill J, Lawrence IC. WJG. 2014
**The “-omes” in IBD Pathogenesis**

- Exposome (countless factors)
- Genomic (~200 associations)
- Microbiome (~$10^{14}$ bacteria)
- Immunome (~1000 cells, molecules)

Adapted from Fiocchi C. Dig Dis 2015

**Right Patient, Right Treatment, Right Time**

- Integration of clinical variables (i.e., age, gender), disease characteristics, genetic and conventional laboratory testing
  
  → to guide treatment decisions - INDIVIDUALIZE

- Decrease risk of adverse events and disease complications

- Potential to optimize efficacy and outcomes

- Similar model used: Diabetes, hypertension
### Individual Predictive Markers for Severe CD

<table>
<thead>
<tr>
<th>Marker</th>
<th>Predicted Outcome</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ileal location</td>
<td>Complications, surgery</td>
</tr>
<tr>
<td>Location proximal to the last third of ileum</td>
<td>Relapses, surgery</td>
</tr>
<tr>
<td>Colonic or rectal disease</td>
<td>Perianal disease</td>
</tr>
<tr>
<td>Anal lesions</td>
<td>Disabling disease</td>
</tr>
<tr>
<td>Strictures penetrating behavior at diagnosis</td>
<td>Surgery</td>
</tr>
<tr>
<td>Age &lt;40 years</td>
<td>Disabling disease</td>
</tr>
<tr>
<td>Smoking</td>
<td>Relapses, complications</td>
</tr>
<tr>
<td>Deep colonic ulcers</td>
<td>Surgery</td>
</tr>
<tr>
<td>CARD15 variants</td>
<td>Complications, surgery</td>
</tr>
<tr>
<td>IBD5/OCTN variants</td>
<td>Perianal disease</td>
</tr>
<tr>
<td>Antiglycan antibodies</td>
<td>Complications, surgery</td>
</tr>
<tr>
<td>Antibacterial antibodies</td>
<td>Complications, surgery</td>
</tr>
</tbody>
</table>

*Falvey JD et al. Inflamm Bowel Dis 2015*

### Individual Predictive Markers for Severe UC

<table>
<thead>
<tr>
<th>Marker</th>
<th>Predicted Outcome</th>
</tr>
</thead>
<tbody>
<tr>
<td>Extensive colitis</td>
<td>Colectomy, cancer, mortality</td>
</tr>
<tr>
<td>Colitis extension</td>
<td>Colectomy</td>
</tr>
<tr>
<td>Sclerosing cholangitis</td>
<td>Cancer</td>
</tr>
<tr>
<td>Extra-intestinal manifestations</td>
<td>Colectomy</td>
</tr>
<tr>
<td>Young age</td>
<td>Colectomy, cancer</td>
</tr>
<tr>
<td>Non smoking</td>
<td>Relapses, colectomy</td>
</tr>
<tr>
<td>Systemic inflammation</td>
<td>Colectomy</td>
</tr>
<tr>
<td>No response to first line therapy</td>
<td>Colectomy</td>
</tr>
<tr>
<td>No mucosal healing 1 year after diagnosis</td>
<td>Colectomy</td>
</tr>
<tr>
<td>HLA variants</td>
<td>Colectomy</td>
</tr>
<tr>
<td>ANCA</td>
<td>No response to anti-TNF</td>
</tr>
</tbody>
</table>

*Falvey JD et al. Inflamm Bowel Dis 2015*

### IBD Medicine Cabinet

- **Over-the-Counter**
  - Antibiotics
  - 5-Aminosalicylates/mesalamine
  - Corticosteroids, budesonide
  - Immunomodulators – AZA/6MP, MTX
  - Biologics – Target-protein specific

### New Targets: Mechanisms of Action Biologics IBD

- Infliximab approved for CD 1998
- Adalimumab for UC 2002
- Natalizumab for CD 2008
- Vedolizumab for CD & UC 2014
- Golimumab for UC 2013
- Ustekinumab for UC 2016
**IBD Treatment Strategy**

"Top-down" Strategy
- Early, appropriate use of biologic as initial treatment
- Induces rapid clinical response
- May enhance quality of life

"Step-up" Strategy
- Standard, sequential treatment for remission and maintenance
- Cost-effective
- Minimal side effects

**Treatment Approach Strategies**

- Low risk of disease progression
  - 'Top-down': may over-treat and expose patients to costs, risks of immunosuppression

- High risk of disease progression
  - 'Step-up': may postpone adequate therapy in aggressive disease and results in disease progression, complications, morbidity

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**Protein Target Specific: Biologics in IBD**

- Revolutionized treatment and management of UC and CD
- Why do we use them?
  - Very effective
  - Reduces hospitalization, surgery
  - Steroid free remission
  - Improved quality of life
  - Changes the natural history of disease**
- Limitations: costs, misinformation

**TEMPORAL TRENDS OF COLECTOMY UC**

Since introduction of biologic agents/anti-TNFs, decrease in total colectomy in UC patients

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Kaplan GG et al. AJG 2012

Since introduction of biologic agents/anti-TNFs, decrease in total colectomy in UC patients
Risks of Anti-TNFs and Immunomodulators

If 10,000 patients were treated for 1 year

<table>
<thead>
<tr>
<th>Event</th>
<th>Estimated Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>NHL (baseline)</td>
<td>2/10,000</td>
</tr>
<tr>
<td>NHL (on IMs)</td>
<td>4-9/10,000</td>
</tr>
<tr>
<td>NHL (on anti-TNF with prior IMs)</td>
<td>4-9/10,000</td>
</tr>
<tr>
<td>Hepatosplenic T-cell lymphoma</td>
<td>Unknown</td>
</tr>
<tr>
<td>Death from sepsis (lower for younger patients)</td>
<td>41,000</td>
</tr>
<tr>
<td>Tuberculosis</td>
<td>5/10,000</td>
</tr>
</tbody>
</table>

Anti-TNF, anti-tumor necrosis factor; IMs, immunomodulators; NHL, non-Hodgkin lymphoma.

Table adapted from Siegel CA. In Inflammatory Bowel Disease: Translating Basic Science Into Clinical Practice. Wiley, 2010.

Safety/Toxicity of Anti-TNFs

- Serious Infections in Crohn’s disease
  - Anti-TNF increases risk 43%
  - Prednisone increases risk 57%
  - Opioid use doubles the risk
  - Active Crohn’s Disease - Moderate to severe more than doubles the risk

Risks of Corticosteroids

Oral Corticosteroids Are NOT a Long-term Option

Commonly reported adverse events of corticosteroids
- Infections
- Osteoporosis
- Diabetes mellitus
- Glaucoma
- Cataracts

Lichtenstein GR, et al. Gastroenterol. 2006
Afzali, A et al. Medical Therapy of Ulcerative Colitis. 2014

The Evolution of Crohn’s Disease: Inflammation Leads to Damage

Cosnes J et al. Inflamm Bowel Dis. 2002

Over a 20-year period, 88% risk of developing stricture (18%) or penetrating (70%) disease
Natural History Of Ulcerative Colitis

- Risk of colectomy: 24% after 10 years, ~30% after 20 years
- Significant increased risk of cancer

Adapted from Langholz E, et al. Gastroenterol 1994

Clinical versus Endoscopic Indices

- Does not correlate with clinical course of disease
- Does not prevent long-term complications of disease
- Symptoms do not always correlate with severity of mucosal disease (bullet)
  - Crohn’s Disease Activity Index (CDAI) (sub-bullet)
  - Crohn’s Disease Endoscopic Index Severity Score (CDEIS) (subbullet)

Adapted from Modigliani M, et al. Gastroenterology 1990

Update in the Evolution of Treatment Goals & Strategies

- Improved clinical symptoms
- Clinical remission
- Steroid free remission
- Mucosal healing
- Histologic remission

Adapted CCFA Canada Webinar 2015

Impact of Mucosal Healing (MH): Surgical Outcomes

- Crohn’s Disease (CD)
- Ulcerative Colitis (UC)

Adapted Froslie KF, et al. Gastroenterology 2007
Crohn’s Disease: Therapeutic Targets

<table>
<thead>
<tr>
<th>Clinical</th>
<th>Endoscopic</th>
<th>Imaging</th>
<th>Biomarkers</th>
<th>Histologic</th>
<th>Patient-Reported Outcomes (PROs)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Resolution of abdominal pain</td>
<td>Absence of ulcerations</td>
<td>Resolution of lesions</td>
<td>Normalization of CRP, FC</td>
<td>No active inflammation</td>
<td>Direct patient report of function and symptoms</td>
</tr>
</tbody>
</table>

Normalization of bowel habits

TARGET TARGET TARGET NOT TARGET NOT TARGET FUTURE*


Ulcerative Colitis: Therapeutic Targets

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<th>Clinical</th>
<th>Endoscopic</th>
<th>Imaging</th>
<th>Biomarkers</th>
<th>Histologic</th>
<th>Patient-Reported Outcomes (PROs)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Resolution of rectal bleeding</td>
<td>Mayo clinic endoscopy score of 0 or 1</td>
<td>Resolution of lesions</td>
<td>Normalization of CRP, FC</td>
<td>No active inflammation</td>
<td>Direct patient report of function and symptoms</td>
</tr>
</tbody>
</table>

Normalization of bowel habits

TARGET TARGET NOT TARGET NOT TARGET NOT TARGET FUTURE*


Impact of IBD

Medical Impact

- 85% of patients suffer from diarrhea¹
- 51% of patients were hospitalized in the last 3 years²
- 64% required surgery³
- ~90% of CD will have surgery in their lifetime

Work Disability Impact

- 55% missed work due to disease in the past year²
- 5.3% become permanently work disabled⁴

Emotional Impact

- 70% of patients report anxiety or depression, compared with 30% of population norms⁴

Health & Economic Burden of IBD

- Every year in the US, IBD accounts for:
  - 1,300,000 physician visits
  - 92,000 hospitalizations
- Direct treatment costs for IBD patients: $6.3 billion
- Indirect costs: additional $5.5 billion
- In 2006, total costs of Crohn’s disease in the U.S. were estimated $10.9-$15.5 billion

Park KT and Bass D. Inflamm Bowel Dis 2011

Clinical Consequences of Delayed IBD Diagnosis

- Poor quality of life → Depression, anxiety
- Relapse rates
- Increased colon cancer risk
- Infection risk
- Malabsorption, Anemia
- UC: Megacolon, urgent surgery
- CD: penetrating, stricturing disease

Early referral to GI is important

- Delayed diagnosis
- Delayed treatment
- Worse outcomes

The Role of Primary Care Clinicians in IBD

- Initial recognition of signs + symptoms, Gastroenterology Consultation, Diagnostic work up
- Ongoing health maintenance for the IBD patient

What is the Role of Primary Care Clinicians in IBD?

<table>
<thead>
<tr>
<th>PCP Checklist in IBD Care</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vaccinations</td>
</tr>
<tr>
<td>Monitoring laboratory studies (WBC, Cr, LFTs, glucose)</td>
</tr>
<tr>
<td>Iron deficiency</td>
</tr>
<tr>
<td>Osteoporosis (DEXA)</td>
</tr>
<tr>
<td>Cancer (surveillance)</td>
</tr>
<tr>
<td>Cardiovascular disease</td>
</tr>
<tr>
<td>Monitoring IBD-related complications, disease relapse</td>
</tr>
</tbody>
</table>

Lack of Primary Care

- Many patients with IBD: young, no other comorbid illnesses
- Gastroenterologist will often be their only physician
- IBD patients receive less preventive health services than general population patients

Gikas A, Int J Gen med 2014
Selby L et al. Inflamm Bowel Dis 2008
Preventative Health in IBD

- Barriers in the implementation of preventative services:
  - Lack of consensus of which provider should offer services: PCP vs GI?
  - More focus on disease/symptom control
  - Disease develops 2nd/3rd decade of life, when number of preventive services is few – overlooked?
- Need to improve preventative strategies
- Pay-for-Performance strategies and quality metrics increasingly being adopted
- AGA IBD Quality Metrics – Health Care Maintenance

Categories for Preventative Health

- Vaccinations/immunizations
- Cancer screening
- Smoking cessation
- Osteoporosis
- General health: depression, blood pressure, glucose monitoring, eye exam
- Laboratory examination

Vaccinations

- Goal: Infection prevention in an ‘at risk’ immunosuppressed population
- In general, IBD patients should not deviate from general population immunization schedule
- Exceptions:
  - Early dosing: Prevnar, Pneumovax, Zoster*
  - Live virus vaccinations: contraindicated with immunosuppression

CDC Immunization Schedule, 2015
Aged 0 – 18 years

Sands BE et al. Inflamm Bowel Dis 2004

**Immunization Schedule and IBD**

- IBD patients can be vaccinated following the *standard guidelines* applicable to general population
- *Routine vaccinations* recommended to be followed for most IBD patients
- *Lives vaccinations* are contraindicated in the immunocompromised patients

**Expert Consensus: IBD Immunocompromised Patient**

- Treatment with glucocorticoids: >prednisone 20mg/d or equivalent for 2 weeks or more
- Ongoing treatment with 6-mercaptopurine, azathioprine, methotrexate and antiTNF therapy
- Within 3 months of stopping immunosuppressive therapies
- Significant protein-calorie malnutrition

*Sands BE et al. Inflamm Bowel Dis 2004*

**Rotavirus (LIVE virus)**

- Rotarix at ages 2 and 4 months or RotaTeq at ages 2, 4, and 6 months
- If levels of biologic drug are detectable, rotavirus is relatively contraindicated in the newborn
  - Mothers on anti-TNF therapy during pregnancy
  - Give vaccine to newborn infant at 6 months (or none)

**Human Papilloma Virus (HPV)**

- Most common sexually transmitted infection in the world
- High risk types (e.g. type 16, 18) associated with 70% of all cervical and anogenital cancers
- Higher incidence of abnormal Pap smears in women with IBD
- Immunosuppressive therapy and smoking exhibits association between IBD and cervical dysplasia vs diagnosis of IBD alone

*Singh H et al. Gastroenterology 2009*
### HPV Vaccination Recommendation

- HPV under vaccination: Misconception that HPV not adult vaccine or assumption patient already vaccinated
- Vaccination can be used for all IBD patients including immunocompromised
- Both males and females should get vaccinated
- Annual pap smears recommended for women on immunosuppressant

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### Pneumococcal Vaccine

- *Streptococcus pneumoniae* (pneumococcus) is the leading cause of bacteremia, meningitis, and pneumonia in adults in the U.S.
- Major risk factors applicable to IBD: >65 yrs or older, smoking and use of immunosuppressive agents

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### Pneumococcal Vaccination Recommendations

- 2 types: PPSV23 (Pneumovax) and PCV13 (Prevnar)
  - PPSV23 commonly used, recommended for all adults
- For adults already received 4 doses during childhood, first revaccination to be given 5 yrs after last dose, then *lifetime* revaccination at age 65yrs
- If not vaccinated as child, 2 doses given 8 weeks apart, then revaccination at 5 years, then age 65

### Pneumococcal Vaccination Recommendations in IBD

- PPSV23 is the commonly used, recommended for all adults
- Immunocompromised IBD patients:
  - CDC and ACIP recommends PCV13 given in addition to PPSV23
  - PCV13 preferred before PPSV23
    - If no prior vaccine: PCV13 then 8 weeks later PPSV23; then 5 yrs after last dose PPSV23, then *lifetime* revaccination at age 65yrs
    - If prior vaccine: PCV13 dose at least 1 year after PPSV23; then 5 yrs; then lifetime at 65yrs
- Interval between vaccine and initiation of immunosuppressive at least 2 weeks
Influenza Vaccine in IBD

- Infectious viral illness that can be fatal as primary infection or complicated by superimposed bacterial infection
- Annual vaccination recommended in all patients > 50 years old
- All IBD patients
  - Antigenic drift leads to new annual vaccine
  - Intranasal is LIVE vaccine
- Safe, well tolerated and risk for IBD-flare low
- Combination therapy affects vaccine response and associated with lower titers

More Vaccinations in IBD

- **Td/Tdap (Tetanus, Diphtheria and acellular Pertussis):**
  - Childhood DTaP 5 series injection, Td every 10 years
  - For adults, replace 1 Td booster with Tdap
  - Tetanus: No difference between inactive IBD and healthy controls
- **Meningococcal:**
  - Included risk factors: household crowding/college, military recruits, chronic underlying illness, travel in epidemic regions
  - MCV4 vaccine, 2 doses at least 2mo apart
  - First year college students up to age 21 years
  - Immunogenic profile in IBD not studied
- **Hepatitis A, B virus:**
  - high risk, all who wish, all IBD patients

Live Virus Vaccines

- “Live virus” vaccine – contains ‘living’ virus that is able to produce immunity, usually without causing illness
  - Bacille Calmette-Guerin (BCG)
  - Influenza inhaled (LAIV) – parenteral attenuated
  - Measles, Mumps, Rubella (MMR)
  - Typhoid (oral) – parenteral attenuated
  - Vaccinia (smallpox)
  - Varicella (chickenpox)
  - Yellow Fever
  - Zoster (Herpes, Shingles)*

Live Virus Vaccines and IBD

- Contraindicated in patients on anti-TNF therapy
  - Debate on whether they can be given when patient on azathioprine/6-MP/methotrexate alone
- Theoretical concerns:
  - Reactivation of underlying disease
  - Disseminated disease caused by live virus
Vaccinations in IBD Summary

• Quick Reference Summary

<table>
<thead>
<tr>
<th>Vaccine</th>
<th>Dosage</th>
<th>Route</th>
<th>Patients with immunosuppressive therapy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Influenza inactivated</td>
<td>1 dose qn</td>
<td>SC or IV</td>
<td>Yes</td>
</tr>
<tr>
<td>Tetanus toxoid (adsorbed)</td>
<td>2 doses qd</td>
<td>SC or IM</td>
<td>Yes</td>
</tr>
<tr>
<td>Pneumococcal polysaccharide</td>
<td>1 dose qd</td>
<td>IM</td>
<td>Yes</td>
</tr>
<tr>
<td>Hepatitis A</td>
<td>1 dose qm</td>
<td>SC or IM</td>
<td>Yes</td>
</tr>
<tr>
<td>Hepatitis B</td>
<td>3 doses qm</td>
<td>SC</td>
<td>Yes</td>
</tr>
</tbody>
</table>

Categories for Preventative Health

• Vaccinations/immunizations
• Cancer screening
• Smoking cessation
• Osteoporosis
• General health: depression, blood pressure, glucose monitoring, eye exam
• Laboratory examination

Cancer Screening: Colorectal Cancer in IBD

• Meta-analysis of population-based studies
• Pooled SIR of CRC in IBD: 1.7 (95%CI 1.2-2.2)
• High Risk Groups:
  • Extensive colitis: SIR 6.4 (95%CI 2.4-17.5)
  • IBD diagnosis before age 30: SIR 7.2 (95%CI 2.9-17.8)
• PSC: RR 9.13 (95% CI 4.52-18.5)
• Recommendations:
  • Surveillance colonoscopy every 1-2 years after 8 years diagnosis
  • Start surveillance immediately in patients with PSC

Cancer Screening: Skin Cancer in IBD

• Recommendations:
  • Screening: Annual skin examination by Dermatology if on immunosuppressives
  • Sunscreen in all sun-exposed areas

<table>
<thead>
<tr>
<th>Medication</th>
<th>Melanoma</th>
<th>NMSC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any use</td>
<td>1.06 (0.77-1.45)</td>
<td>0.99 (0.92-1.08)</td>
</tr>
<tr>
<td>5-ASA</td>
<td>1.88 (1.08-3.29)</td>
<td>1.14 (0.85-1.56)</td>
</tr>
<tr>
<td>Biologic</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thiopurine</td>
<td>1.10 (0.72-1.61)</td>
<td>1.65 (1.66-2.05)</td>
</tr>
</tbody>
</table>

Taken from Chaudrey K et al. WJG 2015

Lutgens M et al. Inflamm Bowel Dis 2013

Long MD et al. Gastroenterology 2012
**Categories for Preventative Health**

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**Smoking and IBD**

- The association of smoking in IBD is complex
  - Effect on Crohn’s disease - detrimental
  - Effect on Ulcerative colitis - protective
- Smoking chemicals: nicotine, free radicals and carbon monoxide
  - Targets mucus layer, cytokines, macrophage function and microvasculature

**Smoking and IBD**

- Two-fold risk of CD (males, early adult onset)
- Two-fold risk of disease progression
- Increased risk for change in disease location ileal or colonic to ileocolonic
- Higher risk or need for steroids (females)
- Increased risk for extraintestinal manifestations of disease (arthritis, skin)

**Smoking and IBD**

- How much is too much?
- Light smokers (1-10 cig/d) vs. Heavy (>10 cig/d):
  - BOTH associated with active disease, hospitalization rate and intestinal resection
- Passive smokers: increased risk for need of therapy - immunosuppression (p=0.039) and infliximab (p=0.013); risk for pouchitis (p=0.023)

*Lakatos PL et al. Inflamm Bowel Dis 2013
Van der Heide F et al. Inflamm Bowel Dis 2009
Sekkak P et al. Inflamm Bowel Dis 2009*
Smoking and IBD

- Negative impact on cancer risk and cardiovascular/pulmonary disease still far outweighs any IBD benefits
- Complete smoking cessation always advised (regardless of CD or UC)
- Smoking cessation discussion only documented ~50% current smokers
- Better efforts needed

Davis J et al. Inflamm Bowel Dis 2013

Categories for Preventative Health

- Vaccinations/immunizations
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- General health: depression, blood pressure, glucose monitoring, eye exam
- Laboratory examination

Bone Health and IBD

- Osteoporosis reported up to 40% in IBD
- ACG/AGA Practice Guidelines for Screening
  Recommendations in IBD:
  - Steroid use (>3 mo)
  - History of low trauma fracture
  - Hypogonadism
  - Post-menopausal Men/Women >50 yrs
- Recommendations: DEXA, minimize steroid use, adequate calcium/vitamin D

DEXA

Bernstein CN et al. Gastroenterology 2003
Bernstein CN et al. ACG 2003

Vitamin D and IBD

- ~50% of IBD patients have Vitamin D deficiency
- Lower levels of Vitamin D (<20ng/mL):
  - Higher risk for hospitalization (OR 2.1)
  - Need for surgery (OR 1.8)
- Vitamin D supplementation reduced frequency of disease relapse in CD vs. placebo (p=.06)
- Recommendations: Annual serum 25(OH)-D levels

Mouli VP and Ananthakrishnan AN. Aliment Pharmacol Ther 2014
### Categories for Preventative Health

- Vaccinations/immunizations
- Cancer screening
- Smoking cessation
- Osteoporosis
- General health: depression, blood pressure, glucose monitoring, eye exam
- Laboratory examination

### Depression and IBD

- Prevalence of depression (other anxiety d/o) may influence response to treatment and quality of life, irrespective of disease or symptom severity
- Rates of depression 15 – 35% in IBD
- Two-fold increase risk compared to controls  
  - 27.2% vs. 12.3%, OR 2.20 (95% CI 1.64-2.95)
- Recommendations: Clinical assessment/counseling, therapy, medications

Walker JR et al. Am J Gastroenterol 2008

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### General Health in IBD

- Blood Pressure Screening
  - Risk for secondary HTN related to medications
- Glucose Monitoring
  - Risk for steroid-induced diabetes
- Ophthalmologic Exam
  - Risk for cataracts/glaucoma with chronic steroid use; optic neuritis, iritis/uveitis, episcleritis EIMs
  - Recommendation: Annual Eye Exam

### Categories for Preventative Health

- Vaccinations/immunizations
- Cancer screening
- Smoking cessation
- Osteoporosis
- General health: depression, blood pressure, glucose monitoring, eye exam
- Laboratory examination
**Tuberculosis and IBD**

- Exposure history:
  - PPD or TB Quantiferon, Chest Xray, referral to ID
- Tuberculin skin testing PPD:
  - >5mm POSITIVE; BCG vaccine older than 10 yrs doesn’t affect results
- Quantiferon and T-Spot:
  - More expensive; Benefit in BCG treated
- False negatives in setting of immunosuppression
- Recommendations: screen for TB prior to initiation of immunosuppressants; then every 1-2 years

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**Anemia and IBD**

- Prevalence of anemia as high as 74%
- Iron Deficiency and Anemia of Chronic Disease are most common
  - Other - B12 deficiency and drug associated (i.e. azathioprine)
- Recognized as a frequent extraintestinal manifestation
- Common cause of fatigue and hair loss
- Recommendations: At least annual iron panel/ferritin, Folate, Vitamin B12; supplement PO or IV based on severity

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**Laboratory Exams and IBD**

<table>
<thead>
<tr>
<th>Drug</th>
<th>Medication-specific Monitoring</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mesalamine/ASA</td>
<td>Serum creatinine annual or biannual</td>
</tr>
<tr>
<td>Corticosteroids</td>
<td>Annual DEXA Annual Eye exam</td>
</tr>
<tr>
<td>Thiopurines</td>
<td>TPMT, thiopurine methyltransferase prior to initiation CBC weekly x 1 month, then at least every 3 months LFTs every 3 months Annual skin examination</td>
</tr>
<tr>
<td>Methotrexate</td>
<td>Periodic CBC, LFTs every 3 months</td>
</tr>
<tr>
<td>Biologics</td>
<td>TB and Hepatitis serologies prior to initiation 1-2yrs TB test Periodic CBC, LFTs every 3-6 months</td>
</tr>
</tbody>
</table>

Baseline labs prior to initiation of therapy helpful:
- CBC, CMP, ESR/CRP
- Nutrition labs at least annually

Adapted from Moscandrew M et al. Inflamm Bowel Dis 2009

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**OSUWMC IBD CENTER: Precision Medicine**

- Multidisciplinary Case Conference: First Tuesday of each month
- IBD-Surgery Clinic: Shared visits starting January 2018
- IBD-Pharmacy Clinic
- Pediatric-to-Adult IBD Transition Clinic with NCH
- Telemedicine in IBD
- Clinical trials: 10+ studies to come
- IBD Fellowship at OSU (4th year)
- Largest IBD Symposium in Columbus and Midwest: Save the Date March 24, 2018
- And this is just the beginning!