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Summary

Introduction: Monitoring of disease activity in IBD

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Monitoring disease activity in inflammatory bowel disease enables objective assessment and treat-to-target strategies that improve long-term outcomes and reduce complications.

KEY POINTS

- The speaker stated that symptoms in IBD correlate poorly with true disease state, particularly in Crohn's disease, making objective monitoring essential.
- Treating ulcerative colitis patients to endoscopic healing and normalizing bowel wall thickness on ultrasound were associated with fewer long-term complications in the studies presented.
- The CALM trial long-term follow-up showed patients with complete mucosal healing in Crohn's disease had fewer complications than those without endoscopic disease control.
- Transmural healing assessed by MRI and intestinal ultrasound is a novel target, with the prospective Vector trial investigating its use as a treatment endpoint.
- The Verdict trial, evaluating whether treating to endoscopic and histological healing with endoscopy every three months improves outcomes, will present results in an upcoming late-breaker session.
- The speaker noted that increasing trials demonstrate the value of treat-to-target strategies for endoscopic healing, while transmural and histological healing are currently under investigation.

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