

Best of UEG Week 2024 with Iris Dotan on IBD

Iris Dotan

Podcast Episode

IBD

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UEG Week 2024 in Vienna focused on deeper understanding of existing IBD therapies, nutrition's role in disease control, and emerging targeted treatments rather than single breakthrough studies.

KEY POINTS

- Guselkumab showed approximately 60% of ulcerative colitis patients achieving histologic and endoscopic remission at one year in the QUASAR maintenance study.
- Ultra-processed food is associated with IBD risk and flare control, while Mediterranean diet and lifestyle show benefits, particularly in Crohn's disease, representing immediately applicable clinical guidance.
- A Dutch cohort study demonstrated that extending ustekinumab dosing intervals from every 8 weeks to every 12 weeks maintained comparable outcomes in patients in clinical remission.
- Mesentery removal during IBD surgery does not show sufficient benefit to justify larger operations, contrary to recent enthusiasm for mesenteric excision.
- TNF-like ligand 1A blocking monoclonal antibodies showed efficacy signals in both ulcerative colitis and Crohn's disease, and orally delivered bispecific antibodies targeting TNF-alpha and IL-23 were studied in healthy volunteers.
- Patients with very refractory IBD and multiple or unusual extra-intestinal manifestations should be considered for genetic sequencing to identify targetable pathways for precision medicine approaches.

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