

Best of UEG Week - IBD with Bel Kok

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Podcast Episode

IBD

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This episode reviews key IBD research from UEG Week Berlin, covering reassuring real-world pregnancy data for JAK inhibitors, the failure of early adalimumab withdrawal to achieve durable remission in Crohn's disease, and the growing role of intestinal ultrasound in disease monitoring.

KEY POINTS

- A 22-centre study of 55 pregnancies found that women with IBD exposed to JAK inhibitors throughout pregnancy had low maternal complications, no congenital abnormalities, and normal infant development, though the drugs remain recommended only when no other options exist.
- The CURE study showed that stopping adalimumab after achieving deep remission in early Crohn's disease was unsuccessful, with only 4% of patients remaining in remission after two years, indicating durable off-treatment remission is not yet achievable.
- Multiple studies highlighted intestinal ultrasound as a non-invasive, inexpensive alternative to endoscopy for IBD monitoring, including new techniques for assessing rectal inflammation and predicting treatment response, with training available through the international organisation IBIS.
- Long-term data confirmed risankizumab remains effective and safe in Crohn's disease for up to four years, and guselkumab showed good response even in patients who failed ustekinumab.
- This episode is most relevant for gastroenterologists and IBD specialists seeking updates on pregnancy safety, disease monitoring techniques, and emerging biologic therapies.

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