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Summary

How do we monitor this patient?

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Postgraduate Teaching Programme Barcelona 2026 | Presentation

IBD

October 17, 2026

An educational case presentation illustrates the limitations of symptom-based monitoring in ulcerative colitis and the importance of objective assessment when biomarkers suggest subclinical inflammation despite clinical remission.

KEY POINTS

- The speaker presented a 52-year-old woman with pancolitis on vedolizumab maintenance who appeared in clinical remission by symptoms but had rising faecal calprotectin with normal CRP.
- The speaker stated that continuing unchanged risks overlooking persistent mucosal inflammation and that switching therapy would be premature in this scenario.
- The speaker emphasized that endoscopic assessment would determine whether inflammation persists and whether treatment optimization is necessary.
- Longitudinal biomarker assessment can identify patients who may require further investigation, according to the speaker.
- The speaker stated that objective monitoring should guide treatment decisions in inflammatory bowel disease.

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