gutflix
GI learning, personalised

Summary

Targeting immunometabolism with medical therapies in IBD

Virginia Solitano

UEG Week Barcelona 2026 | Presentation

Small Intestine & Nutrition | Mechanisms & Personalised Medicine | Immunology | IBD

October 19, 2026

This educational talk presents immunometabolism as a therapeutic strategy in IBD, focusing on how targeting both immune responses and the metabolism that sustains them may help overcome current therapeutic limitations.

KEY POINTS

- In IBD, activated T cells and macrophages switch to glycolysis to sustain inflammation, while anti-inflammatory cells use mitochondrial oxidative phosphorylation to maintain tolerance.
- GLP-1 receptor agonists act on both metabolism and inflammation by increasing mitochondrial biogenesis and oxidative phosphorylation in inflamed epithelium, with receptors localized at intraepithelial T cells.
- A meta-analysis showed better disease activity and metabolic outcomes in IBD patients receiving GLP-1 receptor agonists for overweight or obesity, though data are limited by confounding and require randomized trials.
- Phase two and three trials are underway testing tirzepatide in Crohn's disease and a combination of mirikizumab with tirzepatide in UC, with the UC trial using a novel composite primary endpoint combining clinical remission and at least 10% body weight reduction.
- The speaker recommends early consideration of immunometabolic interventions starting with lifestyle changes, selecting appropriate patients including those with obesity but also considering sarcopenic or malnourished patients, and thinking about combinations with established therapies.

VIEW THIS CONTENT ON GUTFLIX

https://gutflix.eu/search/d/1a488a1c-d150-11f1-b0d9-daaa6dbee0a2

AI-generated summary

This summary was generated by an AI large language model based on the content transcript. It is for informational purposes only and should not be considered a substitute for clinical judgment. Always rely on your professional expertise and the full clinical context when making clinical decisions.