Contents

Contributors, ix
Preface, xv

Part I: Genes and Phenotype in IBD
1 Which will take us further in IBD—study of coding variation or epigenetics?, 3
   Miles Parkes
2 IBD in different ethnic groups: same or different?, 7
   Rupert W.L. Leong, Dorothy K.L., Chow, and Christian P. Selinger

Part II: Bugs and IBD—Good, Bad, or Indifferent?
3 How does the risk of infection influence management of IBD around the world?, 15
   Kiran K. Peddi and Ian Craig Lawrance
4 Traveling with IBD, 19
   Ing Shian, Soon and Gilaad Kaplan
5 What to do about hepatitis B and hepatitis C in patients with IBD, 23
   Morven Cunningham and Graham R. Foster
6 CMV in IBD—passenger or pathogen?, 27
   Ahmed Kandiel and Bret Lashner
7 Clostridium difficile in IBD: impact, prevention, and treatment, 30
   Ashwin N. Ananthakrishnan and David G. Biron
8 Prebiotics and synbiotics: panacea or placebo, 34
   James O. Lindsay
9 Worms: light at the end of their burrow, 38
   John Leung and Joel V. Weinstock
10 Do we really need to vaccinate all patients with IBD?, 41
    Gauree Gupta and Gil Y. Melmed

Part III: Investigating IBD
11 Biomarkers in IBD: myth or marvel?, 47
    Richard B. Gearry and Andrew S. Day
12 Radiation exposure in IBD: how do we minimize the dangers?, 51
    Owen J. O'Connor, Alan N. Desmond, Fergus Shanahan, and Michael M. Maher
13 Surveillance colonoscopy in UC: what is the best way to do it?, 57
    Matthew D. Rutter

Part IV: Medical Therapy
5-ASA
14 New 5-ASAs for ulcerative colitis: a tiny step or giant stride forward?, 65
    L. Campbell Levy
15 Do 5-ASAs prevent cancer?, 69
    Richard Logan and Venkataraman Subramanian
16 Why do we still use 5-ASAs in Crohn's disease?, 73
    Stephen B. Hanauer, Henit Yanai, and Emma Calabrese

Steroids
17 Steroids in Crohn's disease: do the benefits outweigh the dangers?, 79
    A. Hillary Steinhart

Immunomodulators
18 Thioguanine nucleotide measurement: nonadherent, underdosed, shunter, or refractory?, 85
    Miles P. Sparrow
19 Thiopurines and the sun: what should be done?, 89
    Conal M. Perrett, Jane M. McGregor, and Catherine A. Harwood
20 Do thiopurines worsen risk and prognosis of cervical neoplasia?, 94
    Melissa A. Smith and Jeremy D. Sanderson
Contents

21 Optimizing use of methotrexate, 98
   Anna Foley and Peter R. Gibson

22 Which calcineurin inhibitor and when?, 102
   A. Barney Hawthorne

Biologics

23 Are all anti-TNF agents the same?, 109
   Jennifer L. Jones

24 One drug or two: do patients on biologics need concurrent immunomodulation?, 113
   Glen A. Doherty and Adam S. Cheifetz

25 How do we identify patients needing early aggressive therapy and what should we use?, 117
   Marc Ferrante and Séverine Vermeire

26 What is the role of biologics in UC?, 120
   Joanna K. Law and Brian Bressler

27 What can we do with Crohn’s patients who fail or lose response to anti-TNF therapy?, 124
   David T. Rubin

28 Which extraintestinal manifestations of IBD respond to biologics?, 129
   Tina A. Mehta and Chris S.J. Probert

29 Use and abuse of biologics in pregnancy, 133
   Marla C. Dubinsky

30 Is anti-TNF therapy safe to use in people with a history of malignancy?, 136
   Mark Lust and Simon Travis

31 The risks of immunomodulators and biologics: what should we tell patients?, 140
   Corey A. Siegel

32 When, how, and in whom should we stop biologics?, 144
   Edouard Louis, Jacques Belaiche, and Catherine Reenaers

Part V: Other Treatments

33 Avoiding drug interactions, 151
   Tim Elliott and Peter M. Irving

34 Is there still a role for ursodeoxycholic acid treatment in patients with inflammatory bowel disease associated with primary sclerosing cholangitis?, 156
   Emmanouil Stavkos and Keith D. Lindor

35 Stem cell transplantation for Crohn’s: will it fulfill its promise?, 159
   Venkataraman Subramanian and Christopher J. Hawkey

36 Complementary therapy: is there a needle in the haystack?, 164
   Shane M. Devlin

Part VI: Surgical Dilemmas in IBD

37 Optimizing IBD patients for surgery and recovery, 171
   Jonathan M. Wilson and Alastair Windsor

38 Is surgery the best initial treatment for limited ileoecal Crohn’s disease?, 175
   Tom Øresland

39 Laparoscopic or open surgery for IBD?, 178
   Donna Appleton and Michael Hershman

40 Optimizing management of perianal Crohn’s disease, 182
   David A. Schwartz and Norman R. Clark III

41 Does anti-TNF therapy increase the risk of complications of surgery?, 186
   Ming Valerie Lin, Wojciech Blonski, and Gary R. Lichtenstein

42 Pouches for indeterminate colitis and Crohn’s disease: act now, pay later?, 192
   Phillip Fleshner

43 Dealing with pouchitis, 196
   Simon D. McLaughlin and Bo Shen

Part VII: Unsolved issues in IBD

44 Mucosal healing in IBD: does it matter?, 203
   Geert D’Haens

45 Vitamin D in IBD: from genetics to bone health via cancer and immunology, 207
   Helen M. Pappa and Richard J. Grand

46 Got milk? Medication use and nursing in women with IBD, 212
   Sunanda Kane

47 Does stress matter?, 215
   Robert G. Maunder

48 IBS is common in IBD: fact or fallacy?, 218
   James Goodhand and David S. Rampton

49 So where is all the cancer?, 222
   Judith E. Baars and C. Janneke van der Woude

Part VIII: Nutrition in IBD

50 What should patients with IBD eat?, 229
   Emile Richman, Keith Leiper, and Jonathan M. Rhodes
51 Enteral nutrition in Crohn’s—who for, when, how and which formula?, 233  
Raanan Shamir and Ernest G. Seidman

52 Optimizing treatment of iron deficiency anemia, 237  
Hermann Schulze and Axel Dignass

Part IX: Management Process

53 IBD Standards: will they enhance patient care?, 243  
Michael D. Kappelman

54 Your treatment will not work if the patient does not take it, 247  
Rob Horne

55 Inflammatory bowel disease: what to tell your emergency department (ED) team, 251  
Louise Langmead

56 Transitioning from pediatric to adult care, 255  
Elizabeth J. Hait and Laurie N. Fishman

57 Medicolegal pitfalls in inflammatory bowel disease care, 258  
William J. Tremaine

Index, 261