

10 IBD Myth Busters

IBD Patient Meeting, Johannesburg, August 2018

Dr David Epstein
Vincent Pallotti Hospital
Cape Town



10 IBD Myth Busters



- Inflammatory bowel disease (IBD)
 - Crohn's disease
 - Ulcerative colitis

1. IBD can be cured
2. IBD will be passed on to my children
3. I must have done something wrong to cause a flare
4. All IBD doctors get upset if you use natural remedies
5. All patients must take Prebiotics or Probiotics
6. IBD drugs cause cancer
7. I must stop all IBD drugs if I want to fall pregnant
8. If I feel well my IBD must be under control
9. If I feel unwell my IBD must be flaring
10. ?????

10 IBD Myth Busters





IBD Flare



Smouldering IBD



IBD in Remission



10 IBD Myth Busters

1. IBD can be cured
2. IBD will be passed on to my children
3. I must have done something wrong to cause a flare
4. All IBD doctors get upset if you use natural remedies
5. All patients must take a Prebiotics or Probiotic
6. IBD drugs cause cancer
7. I must stop all IBD drugs if I want to fall pregnant
8. If I feel well my IBD must be under control
9. If I feel unwell my IBD must be flaring
10. ???





Can Crohn's disease be cured?



Curing Crohn's? Man says he found way to beat incurable disease ...

www.foxnews.com/health/.../curing-crohns-how-one-man-took-control-his-disease.ht... ▼

Mar 7, 2013 - Meisel did go off all medications, and although he realizes he fundamentally cannot be 'cured' of an incurable **disease**, he and Kummer **can** ...

Crohn's Disease Real Causes and Natural Treatments - Dr. Sircus

drsircus.com/general/crohns-disease-real-causes-natural-treatments/ ▼

Jul 21, 2014 - Over 60% of all patients with **Crohn's disease will** require surgery, and ... the causes of disease and that's why they have not **cured** any disease ...

Ryan Schultz, DVM (veterinarian) Cures Himself of Crohn's Disease ...

<https://www.drmcDougall.com/health/education/health-science/stars/.../ryan-schultz/> ▼

Ryan Schultz, DVM (veterinarian) **Cures** Himself of **Crohn's Disease** I **can** eat most vegan foods, although I am still working through the elimination diet in a ...

A Cure For Crohn's Disease? - DrWeil.com

<https://www.drweil.com> › Health & Wellness › Body, Mind & Spirit › Gastrointestinal ▼

Feb 6, 2007 - While **Crohn's disease can't** yet be **cured**, it **can** be managed successfully and **can** remain in remission for long periods of time. Conventional ...

Crohns Disease Is Curable - Raw Food Health

www.raw-food-health.net/CrohnsDisease.html ▼

Similarly, you're not going to have success **curing Crohns disease** by doing what you've been doing and patching over the negative effects as best you **can**.

- IBD cannot be cured
- Don't be misled by what you read on the internet
- Reputable websites
 - Crohn's and Colitis Foundation
 - Crohn's Colitis UK
 - University of Michigan IBD 101 Video Series
 - IBD Africa (soon)
- IBD can be well controlled i.e "kept in remission" with correct treatment in most patients
- May be a cure one day?

10 IBD Myth Busters

1. IBD can be cured
2. IBD will be passed on to my children
3. I must have done something wrong to cause a flare
4. All IBD doctors get upset if you use natural remedies
5. All patients must take a Prebiotics or Probiotic
6. IBD drugs cause cancer
7. I must stop all IBD drugs if I want to fall pregnant
8. If I feel well my IBD must be under control
9. If I feel unwell my IBD must be flaring
10. ?????



- It is uncommon for IBD to occur in children of a person with IBD
- If one parent has Crohn's disease
 - 1 in every 5 children may get IBD
- If one parent has Ulcerative colitis
 - 1 in every 6 children may get IBD
- Message
 - IBD patients should never be advised not to have children because they may pass IBD on to their children
 - Children of an IBD parent do not need any special tests or checks for IBD if they are well

10 IBD Myth Busters

1. IBD can be cured
2. IBD will be passed on to my children
3. I must have done something wrong to cause a flare
4. All IBD doctors get upset if you use natural remedies
5. All patients must take a Prebiotics or Probiotic
6. IBD drugs cause cancer
7. I must stop all IBD drugs if I want to fall pregnant
8. If I feel well my IBD must be under control
9. If I feel unwell my IBD must be flaring
10. ???????



- IBD flares are not predictable.
 - ~~– Not eating enough healthy foods~~
 - ~~– Preservatives~~
 - ~~– Lions losing to the Crusaders~~
- Some triggers recognised
 - Anti-inflammatory drugs e.g Brufen, Myprodol, Voltaren
 - Smoking in Crohn's disease
 - Infections
 - Stopping medication
 - Stress
- Most of the time we don't know why some patients stay in remission and some have frequent flares
- We are studying this intensely and answers will emerge

10 IBD Myth Busters

1. IBD can be cured
2. IBD will be passed on to my children
3. I must have done something wrong to cause a flare
4. All IBD doctors get upset if you use natural remedies
5. All patients must take a Prebiotics or Probiotic
6. IBD drugs cause cancer
7. I must stop all IBD drugs if I want to fall pregnant
8. If I feel well my IBD must be under control
9. If I feel unwell my IBD must be flaring
10. ??????




The status of natural medicines in South Africa

- More than 120,000 natural products on the market
- Legislation – all products not registered by November 2019 will be withdrawn from the market?
- Highly contested space
 - Very lucrative business
 - Consumer rights
 - Consumer protection
 - Safety



Colitis - Crohn's



- Around the world almost 1 in 5 IBD patients use Cannabis for their IBD
- It can help with SYMPTOMS
 - Feel well
 - Better appetite
 - Pain control

Can it mask active IBD ?
- Cannabis has side effects
- No scientific studies to show a convincing benefit for IBD
- More research needed before I will recommend Cannabis to my patients.

Curcumin

- Curcumin is a naturally occurring chemical compound that is found in the spice turmeric



[Clin Gastroenterol Hepatol](#). 2015 Aug;13(8):1444-9.e1. doi: 10.1016/j.cgh.2015.02.019. Epub 2015 Feb 24.

Curcumin in Combination With Mesalamine Induces Remission in Patients With Mild-to-Moderate Ulcerative Colitis in a Randomized Controlled Trial.

[Lang A](#)¹, [Salomon N](#)², [Wu JC](#)³, [Kopylov U](#)¹, [Lahat A](#)¹, [Har-Noy O](#)¹, [Ching JY](#)³, [Cheong PK](#)³, [Avidan B](#)¹, [Gamus D](#)⁴, [Kaimakliotis I](#)⁵, [Eliakim R](#)¹, [Ng SC](#)³, [Ben-Horin S](#)¹.

[Author information](#)

CONCLUSIONS: Addition of curcumin to mesalamine therapy was superior to the combination of placebo and mesalamine in inducing clinical and endoscopic remission in patients with mild-to-moderate active UC, producing no apparent adverse effects. Curcumin may be a safe and promising agent for treatment of UC. Clinicaltrials.gov number: NCT01320436.

All IBD doctors get upset if you use natural remedies

- Answer – No
- But
- Use products that have been tested in a scientific manner and show proven **benefit and safety**

10 IBD Myth Busters

1. IBD can be cured
2. IBD will be passed on to my children
3. I must have done something wrong to cause a flare
4. All IBD doctors get upset if you use natural remedies
5. All patients must take a Prebiotics or Probiotic
6. IBD drugs cause cancer
7. I must stop all IBD drugs if I want to fall pregnant
8. If I feel well my IBD must be under control
9. If I feel unwell my IBD must be flaring
10. ??????



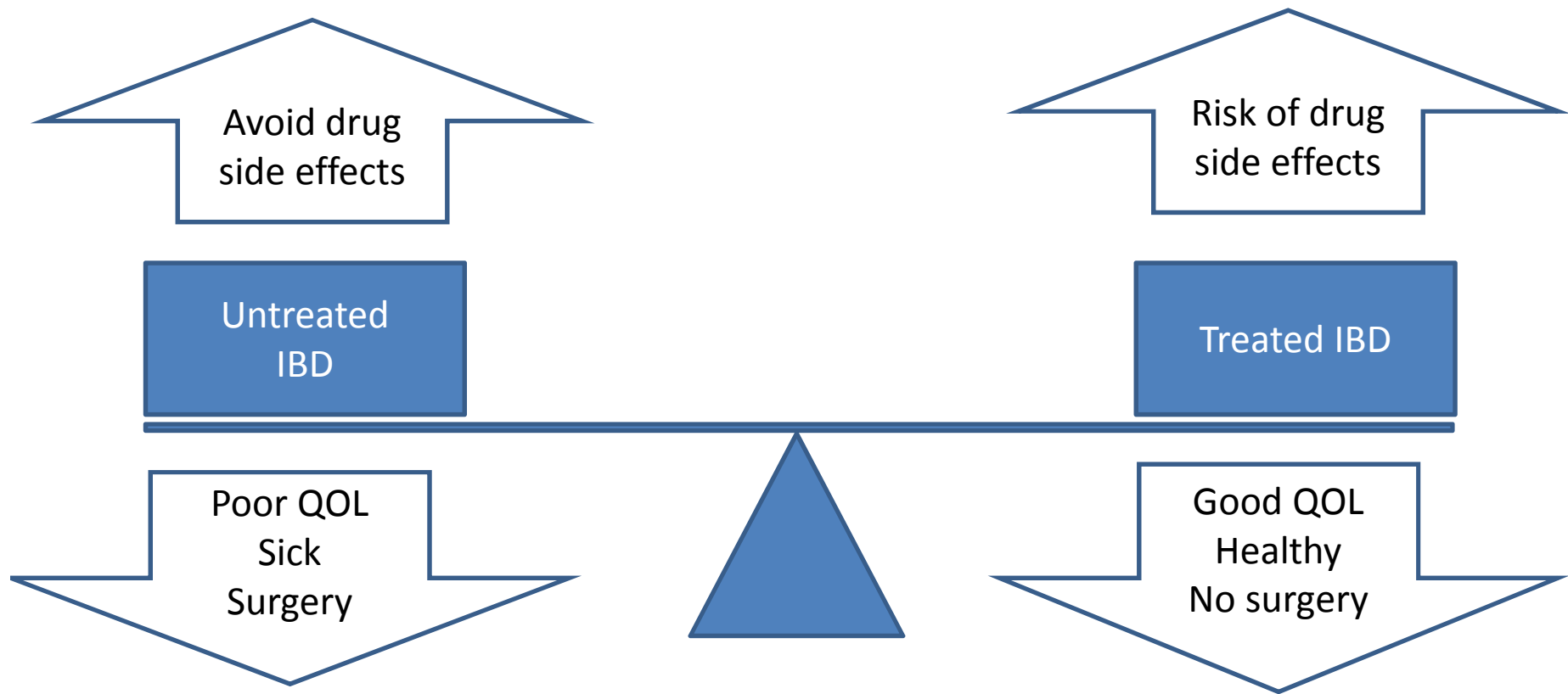
- Prebiotics – gut bacteria food
 - These contain fermentable carbohydrates (FODMAPs) that are not well absorbed and may aggravate diarrhoea
- Probiotics – bacteria ingested for health benefit
 - Understanding of gut bacteria in its infancy
 - No regulation of products
 - Questionable benefit
 - Safety issues if on immune suppressing drugs
 - Expensive!!!!
- I do not prescribe Prebiotics and Probiotics for my IBD patients

10 IBD Myth Busters

1. IBD can be cured
2. IBD will be passed on to my children
3. I must have done something wrong to cause a flare
4. All IBD doctors get upset if you use natural remedies
5. All patients must take a Prebiotics or Probiotic
6. IBD drugs cause cancer
7. I must stop all IBD drugs if I want to fall pregnant
8. If I feel well my IBD must be under control
9. If I feel unwell my IBD must be flaring
10. ??????

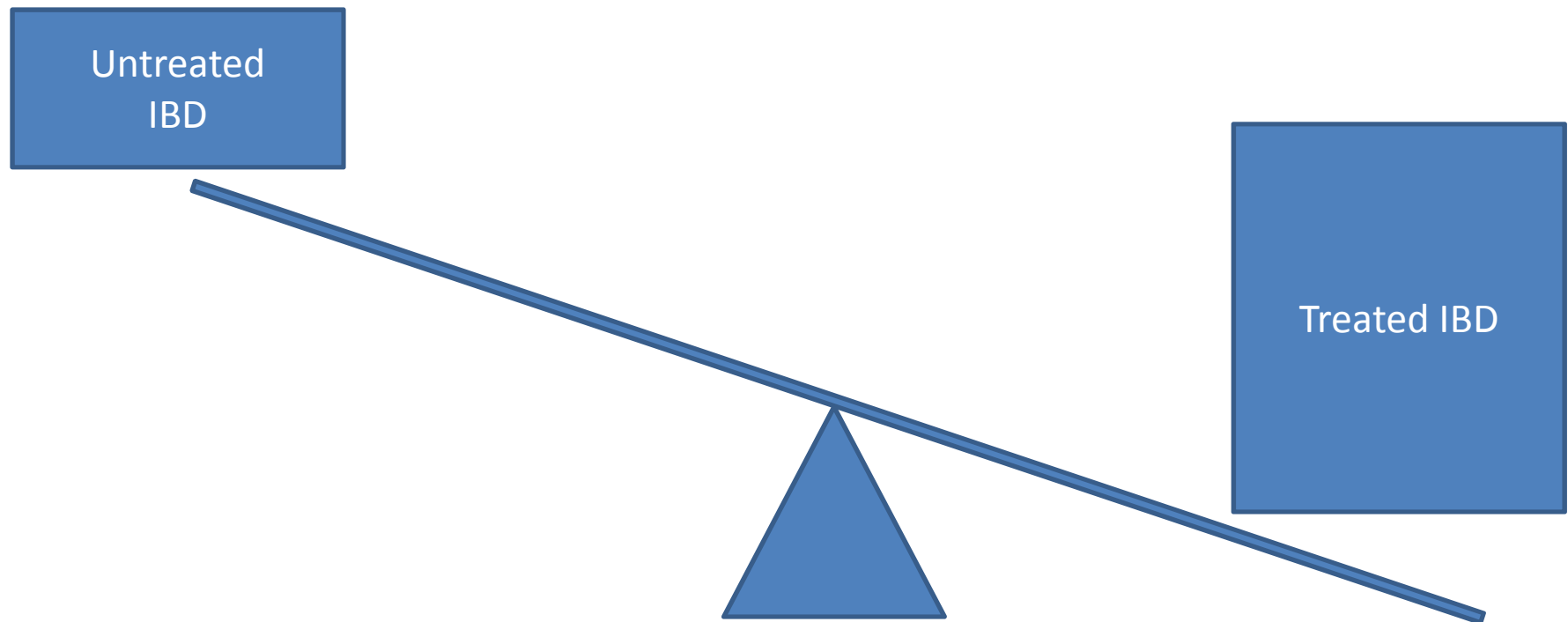


Medication for IBD



Medication for IBD

Benefits of treatment far outweigh the risk of the medication



- Azathioprine (Imuran, Azamune, Azapress)
 - Skin cancer
 - Viral infections
 - Lymphoma
- Biological drugs (Humira / Revellex)
 - Bacterial infections
 - Tuberculosis
 - Melanoma
- Manage the risk
 - Driving on our roads is life threatening
 - Do not use the medication in high risk people
 - Screening tests before treatment
 - Vaccinations before treatment
 - Monitoring tests on treatment
 - Avoid sun exposure
 - Have a skin check regularly
 - Review treatment every year



What is more likely: Dying from lymphoma on IBD medication or being struck by lightning? (in Cape Town)



10 IBD Myth Busters

1. IBD can be cured
2. IBD will be passed on to my children
3. I must have done something wrong to cause a flare
4. All IBD doctors get upset if you use natural remedies
5. All patients must take a Prebiotics or Probiotic
6. IBD drugs cause cancer
7. I must stop all IBD drugs if I want to fall pregnant
8. If I feel well my IBD must be under control
9. If I feel unwell my IBD must be flaring
10. ??????



- Patients planning to fall pregnant must prepare well in advance
- IBD must be in remission before falling pregnant
- Folic acid supplementation important before and during pregnancy particularly if using Salazapyrine or previously been on Methotrexate
- Medication MUST NOT be stopped as flare during pregnancy can be bad for the mother and child
- Exception: Methotrexate cannot be used during pregnancy and should be stopped about 6 months before planning a pregnancy
- Men should also stop Methotrexate before having children

10 IBD Myth Busters

1. IBD can be cured
2. IBD will be passed on to my children
3. I must have done something wrong to cause a flare
4. All IBD doctors get upset if you use natural remedies
5. All patients must take a Prebiotics or Probiotic
6. IBD drugs cause cancer
7. I must stop all IBD drugs if I want to fall pregnant
8. If I feel well my IBD must be under control
9. If I feel unwell my IBD must be flaring
10. ????????





IBD Flare



Smouldering IBD



IBD in Remission



Results in damage to the colon or intestine



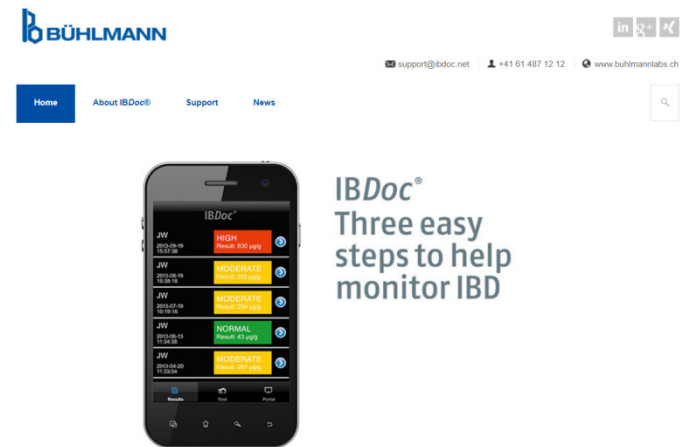
Doctor: How are things going?

IBD Patient: Every things
under control

Checking your **stool calprotectin level** to be sure you are definitely in remission



Send a stool sample to the lab



BÜHLMANN presents IBDoc® Calprotectin Home Testing®:

Check a stool sample at home

10 IBD Myth Busters

1. IBD can be cured
2. IBD will be passed on to my children
3. I must have done something wrong to cause a flare
4. All IBD doctors get upset if you use natural remedies
5. All patients must take a Prebiotics or Probiotic
6. IBD drugs cause cancer
7. I must stop all IBD drugs if I want to fall pregnant
8. If I feel well my IBD must be under control
9. If I feel unwell my IBD must be flaring
10. ?????



- Not all symptoms are due to IBD
 - Cramps
 - Diarrhoea
 - Bloating
- IBD patients can get other gut problems
 - Irritable bowel syndrome
 - Infections e.g Clostridium difficile infection
 - Problems related to previous gut surgery
 - Medication side effects
- First check that your IBD is in remission
 - Stool Calprotectin helpful
- Some of these problems can be easily treated
- Not all stomach symptoms are due to IBD

10 IBD Myth Busters

1. IBD can be cured
2. IBD will be passed on to my children
3. I must have done something wrong to cause a flare
4. Cannabis is an IBD wonder drug
5. All patients must take a Prebiotics or Probiotic
6. IBD drugs cause cancer
7. I must stop all IBD drugs if I want to fall pregnant
8. If I feel well my IBD must be under control
9. If I feel unwell my IBD must be flaring
10. ???????? Myths about Johannesburg

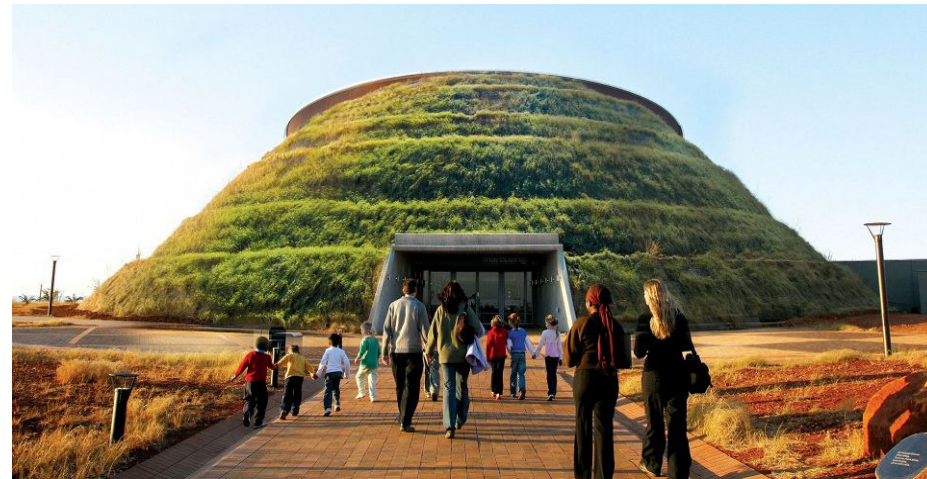


Myths about Johannesburg

- There is only 1 Johannesburg
- Johannesburg is home to almost half the world's human ancestor fossils
- Johannesburg is home to the world's largest man-made forest
- It's impossible to make a hard boiled egg in Johannesburg



Johannesburg California. Pop 165



Cradle of Humankind houses 40% of the worlds human fossils



10 million trees have been planted in JHB making it the largest man made forest



JHB is 2000m above sea level. You can make a hard boiled egg but it takes longer than at sea level

thank you.
dankie.
ngiyathokoza.
enkosi.
ngiyabonga.
ke a leboga

for your attention