

10 IBD Myth Busters

IBD Patient Meeting, Cape Town, 2019

Dr David Epstein
Vincent Pallotti Hospital
Cape Town



SAGES

South African
Gastroenterology Society



10 IBD Myth Busters



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

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. Alternative medication is helpful in IBD
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. ?????





IBD Flare



Smouldering IBD



IBD in Remission



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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
- IBD can be well controlled i.e “kept in remission” with correct treatment in most patients
- May be a cure one day?

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- 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

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9 May 2019

King's researchers secure £1.42 million to investigate links between food additives and Crohn's disease

The Leona M. and Harry B. Helmsley Charitable Trust has awarded \$1.82 million (£1.42 million) to researchers in the School of Life Course Sciences to investigate the effect of dietary food additives in Crohn's disease.

- IBD flares are not always predictable.
 - ~~Because I ate the wrong foods~~
 - ~~Because I ate food with preservatives~~
 - Because the Proteas were knocked out of the cricket world cup

- 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



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The status of natural medicines in South Africa

- More than 120,000 natural products on the market
- 2008: Treatment Action Campaign vs Dr Mathias Rath and Others
- Legislation
 - products not registered by November 2019 will be withdrawn from the market?
- Highly contested space
 - Very lucrative business
 - Consumer rights
 - Consumer protection
 - Safety



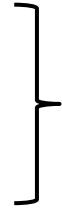
Complementary Medicine use in IBD

- How many IBD patients use complementary medicine?
 - Up to 60%
- Why do they use complementary medicines?
 - More holistic approach
 - Perception more natural, less toxic and less harmful
- Can we predict which IBD patients will use complementary medicine?
 - Patients who have had IBD for many years
 - Patients who have received a lot of steroids / cortisone
 - Dissatisfaction with doctor – patient relationship
 - Side effects with usual IBD medication
 - Patients who are vegetarian
 - Women more than men
 - Patients who live in Noordhoek???

- Around the world almost 1 in 5 IBD patients use Cannabis for their IBD (THC / CBD)

- It can help with SYMPTOMS

- Feel well
- Better appetite
- Pain control
- Sleep better



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.
- I am watching this space closely

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 A¹, Salomon N², Wu JC³, Kopylov U¹, Lahat A¹, Har-Noy O¹, Ching JY³, Cheong PK³, Avidan B¹, Gamus D⁴, Kaimakliotis I⁵, Eliakim R¹, Ng SC³, Ben-Horin S¹.

[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.

Complementary and Alternative Medicine in IBD 2019

May Help / No harm

- Herbal Therapies
 - Curcumin
- Vitamins & Minerals
 - Vitamin D
- Dietary Supplements
 - Omega-3 fish oil
- Mind – Body Medicine
 - Exercise
 - Yoga
 - Mindfulness based therapy
- Manipulative and Body Based Interventions
 - Chiropractor
 - Acupuncture

Do not help / Harm

- Herbal Therapies
 - CBD / THC Oil
 - Milk thistle etc etc



Alternative medication is helpful in IBD?

- Answer – Some may benefit IBD
- But
- Use products that have been tested in a scientific manner and show proven **benefit and safety**
- Speak to your doctor if you insist on using complimentary medicine

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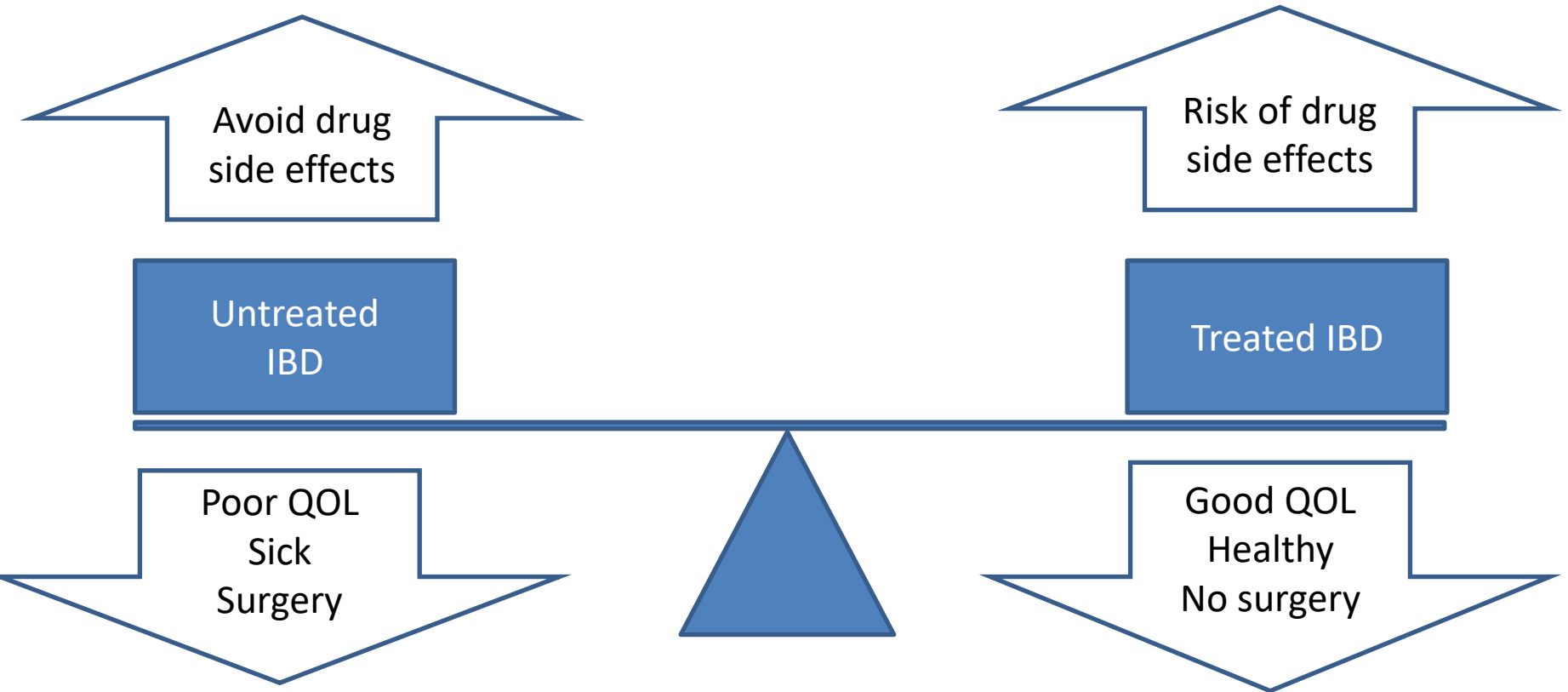
- Prebiotics – gut bacteria food
 - These contain fermentable carbohydrates (FODMAPs) that are not well absorbed and may aggravate diarrhoea
- Probiotics – bacteria ingested for health benefit
 - Understanding of gut bacteria in its infancy
 - No regulation of products
 - Questionable benefit
 - Safety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

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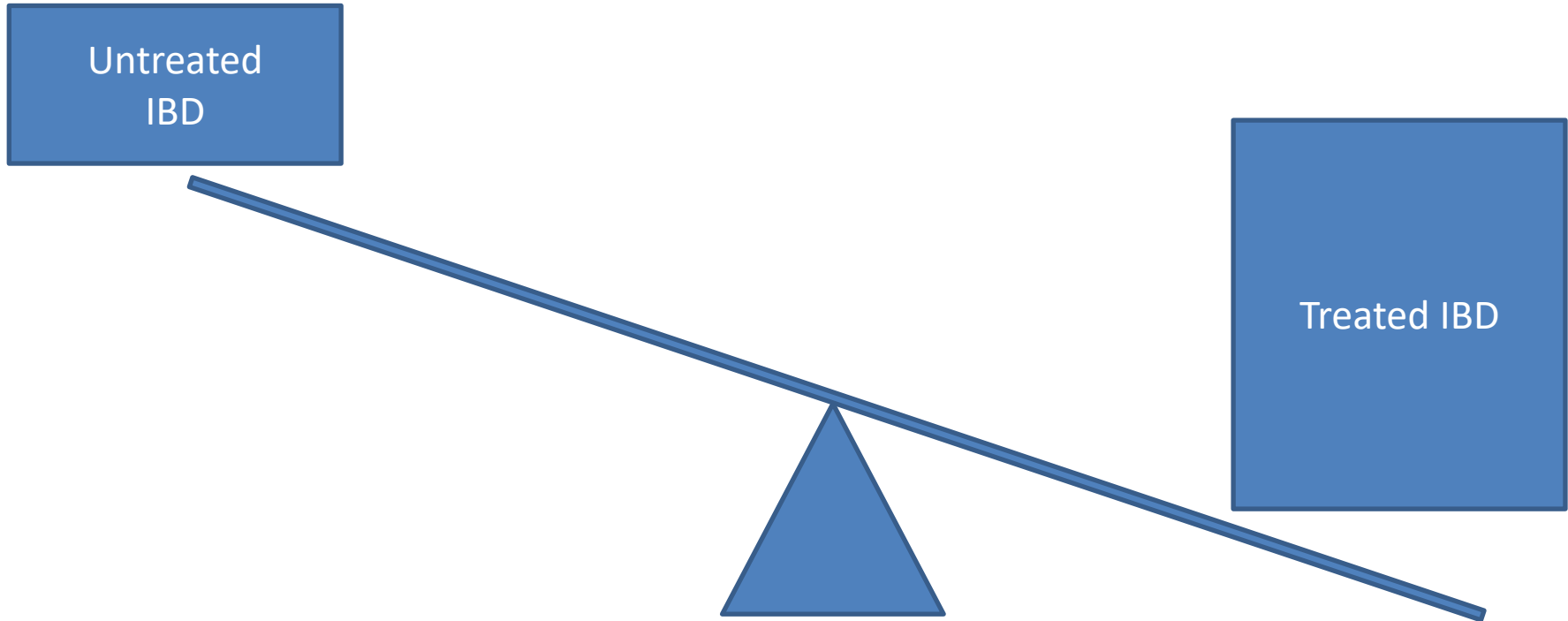


Medication for IBD



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 (type of cancer) on IBD medication or being struck by lightning?

(in Cape Town)



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- 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**

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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

The image shows a screenshot of the BÜHLMANN website and the IBDoc mobile app. The website header includes the BÜHLMANN logo, navigation links for Home, About IBDoc®, Support, and News, and contact information: support@ibdoc.net, +41 61 487 12 12, and www.buehlmannlabs.ch. The mobile app interface displays a list of stool samples with their dates and calprotectin levels. The text 'IBDoc® Three easy steps to help monitor IBD' is positioned to the right of the app.

Date	Calprotectin Level	Result
JW 2013-05-19 12:27:29	1000	HIGH
JW 2013-05-19 12:30:12	1000	INCOMPLETE
JW 2013-05-19 12:31:12	1000	INCOMPLETE
JW 2013-05-19 12:31:12	1000	INCOMPLETE
JW 2013-05-19 12:31:12	1000	NORMAL
JW 2013-05-19 12:31:12	1000	INCOMPLETE

BÜHLMANN presents IBDoc® Calprotectin Home Testing®:

Check a stool sample at home

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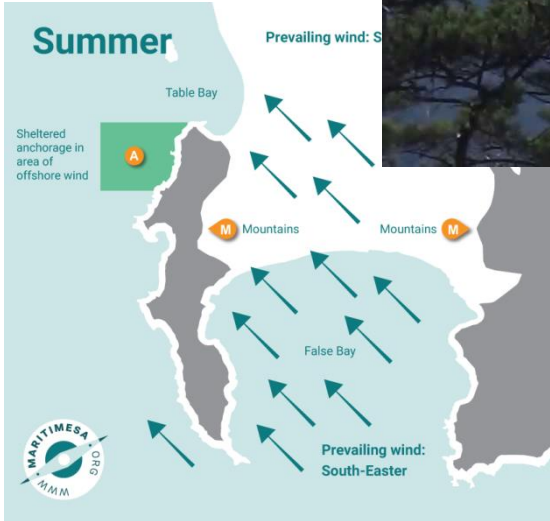
- Not all symptoms are due to IBD
 - Cramps
 - Diarrhoea
 - Bloating
- IBD patients can get other gut problems
 - Irritable bowel syndrome
 - Infections e.g Clostridium difficile infection
 - Problems related to previous gut surgery
 - Medication side effects
- First check that your IBD is in remission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

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Myths about the Cape Doctor



Why is the southeaster wind called “the Cape Doctor”?

- It is named after a popular Cape Town doctor who had a severe flatulence problem?
- Walking into a stiff southeaster will cleanse your sinuses?
- The southeaster is thought to keep the Cape clear of germs and pollution?



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

for your attention