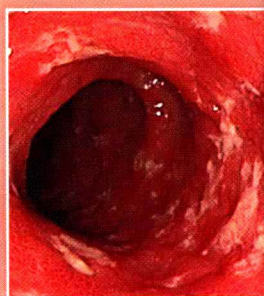




Curbside Consultation in IBD

49 Clinical Questions



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Francis A. Farraye

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SLACK Incorporated



Curbside Consultation in IBD

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Curbside Consultation in IBD

49 Clinical Questions

Curbside Consultation in Gastroenterology
SERIES

SERIES EDITOR, FRANCIS A. FARRAYE, MD, MSc

Dedication

This book is dedicated to my parents, Paulette and Sheldon Rubin. Mom, thank you for teaching me the importance of listening carefully, and Dad, thank you for teaching me the value of asking good questions in order to find better answers.

David T. Rubin, MD

This book is dedicated to my supportive and loving husband, Jerry, and to my wonderful children, Sam and Angela. It is also dedicated to my parents, who encouraged me daily to work my hardest and who are always there for me when I need them.

Sonia Friedman, MD

This book is dedicated to my loving and devoted family: my wife, Renee M. Remily, MD; my children, Jennifer Farraye, MN, ANP and Alexis Farraye; and to my parents, who taught me that perseverance and commitment can result in great accomplishments. Finally, I thank my patients and their families for their confidence in allowing me to care for them.

Francis A. Farraye, MD, MSc

Acknowledgments

We are enormously grateful to our expert colleagues, who have selflessly contributed to our second edition, and provided their insight and experience with our readers. Your collegiality and willingness to contribute are greatly appreciated.

We are also indebted to the SLACK Incorporated team, including Carrie Kotlar, Senior Acquisitions Editor, and April Billick, Managing Editor. We thank you for your patience and guidance to help us see this second edition through to completion.

A special thank you to Sarah Goeppinger, who has been our point of contact for all the authors, an unfailing proofreader, and impeccably organized. Sarah, without your help, we could not have crossed the finish line!

Finally, we thank you, the reader, for your interest in the field of inflammatory bowel disease, and to your patients, who need your help. We hope that this edition adds to your armamentarium of treatment options and approaches.

About the Editors

David T. Rubin, MD graduated with honors from the University of Chicago Pritzker School of Medicine in Chicago, Illinois, and completed his internship, residency, and fellowships in both gastroenterology and clinical medical ethics at the University of Chicago.

He is a professor of medicine, the Chief of Section of Gastroenterology, Hepatology and Nutrition, and Co-Director of the Advanced Inflammatory Bowel Disease Fellowship at the University of Chicago Medicine. Dr. Rubin previously served for 11 years as Director of the Gastroenterology, Hepatology, and Nutrition fellowship program. He also is an associate faculty member at the MacLean Center for Clinical Medical Ethics and an associate investigator at the University of Chicago Comprehensive Cancer Center, both in Chicago.

Dr. Rubin is the editor of a best-selling book on inflammatory bowel disease (IBD), and an author or coauthor of many peer-reviewed articles on IBD, virtual colonoscopy, genetic testing in IBD, and cancer in IBD. He is also a featured media contact for issues related to IBD, appearing on satellite radio, television, and print media. His principal research interests include novel IBD therapies and outcomes, colon cancer prevention, and clinical medical ethics.

Dr. Rubin is a fellow of the American Gastroenterological Association, American College of Gastroenterology (ACG), and American College of Physicians and is an active national member of the Crohn's and Colitis Foundation of America. Chosen by his peers as a member of Best Doctors (recognized for superior clinical ability) and America's Top Physicians (gastroenterology), he received the ACG's Governor's Award of Excellence in Clinical Research (2003), the Cancer Research Foundation Young Investigator's Award (2004), and the University of Chicago Postgraduate Teaching Award in recognition of significant contributions for fellowship education (2006). In 2012, Dr. Rubin received the CCFA's Rosenthal Award, a national leadership award bestowed upon a volunteer who has contributed in an indisputable way to the quality of life of patients and families.

Sonia Friedman, MD is an associate professor of medicine at Harvard Medical School in Boston, Massachusetts, and an associate physician at Brigham and Women's Hospital, also in Boston. Dr. Friedman completed her undergraduate degree in biology at Stanford University in Palo Alto, California, and her medical degree at Yale University School of Medicine in New Haven, Connecticut. She did her medical internship and residency at the University of Pennsylvania in Philadelphia, Pennsylvania, and her gastroenterology fellowship at Mount Sinai Medical Center in New York, New York. She specialized in IBD during her fellowship and now has a large IBD practice in the gastroenterology division of Brigham and Women's Hospital. She has been at Brigham and Women's for the past 14 years and is Director of Women's Health at the Brigham and Women's Center for Crohn's and Colitis.

Dr. Friedman's research interests include colon cancer in Crohn's disease (CD), patient adherence to surveillance colonoscopy, and fertility and pregnancy in IBD. Her clinical interests are the care of patients with CD and ulcerative colitis (UC). She specializes in the management of dysplasia and cancer in IBD, and pregnancy and IBD.

Dr. Friedman is a frequent speaker and invited regional and national lecturer on the management of IBD. She has authored or coauthored peer-reviewed papers on cancer in CD, adherence to surveillance colonoscopy in IBD, medical management of IBD, and fertility and pregnancy in IBD. She has written review articles and chapters on various aspects of IBD, including the IBD chapter in *Harrison's Principles of Internal Medicine*. Her publications include original articles, reviews, or chapters in *Gastroenterology*, *Clinical Gastroenterology and Hepatology*, *American Journal of Gastroenterology*, *Inflammatory Bowel Diseases*, and *Gastroenterology Clinics of North America*. She

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Dr. Friedman is immediate past chair of the Crohn's and Colitis Foundation New England Chapter Medical Advisory Committee and was their Humanitarian of the Year for 2012. She is a Fellow of the ACG and has served on the CCFA Professional Education Committee. She has been elected as "Best Up-and-Coming Gastroenterologist in Boston" in 2004, and was also listed as "Best of Boston" in *Boston Magazine* in 2007. Both honors are based upon peer review.

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Dr. Farraye's clinical interests are in the care of patients with inflammatory bowel disease and the management of colon polyps and colorectal cancer. He is currently investigating *Clostridium difficile* infection in IBD patients, the management and diagnosis of dysplasia and cancer in patients with IBD, pouchitis after ileal pouch anal anastomosis, vaccinations in patients with IBD, and the role of serrated polyps as an alternative pathway to the development of colorectal cancer.

A frequent speaker and invited lecturer on topics on the diagnosis and management of inflammatory bowel disease, Dr. Farraye has authored or co-authored over 300 original scientific manuscripts, chapters, reviews, and abstracts. He is the series editor for the text *Curbside Consultation in Gastroenterology* and co-wrote the text, *Curbside Consultation in Inflammatory Bowel Disease and Gastrointestinal Emergencies*. His newest books for patients are *Questions and Answers about Ulcerative Colitis*, *Questions and Answers About Crohn's Disease*, and *Ulcerative Colitis for Dummies*.

Dr. Farraye is a Fellow of the American College of Physicians, American Society of Gastrointestinal Endoscopy, American Gastroenterological Association, and the American College of Gastroenterology. He has served on numerous committees and currently is a member of the ACG Board of Trustees and the Chapter Medical Advisory Committee for the New England CCFA where he was past chairman. The New England CCFA named Dr. Farraye Humanitarian of the Year in 2003. In 2009, the ACG awarded Dr. Farraye the William Carey Award for service to the college. Dr. Farraye was recognized as "Top Doctor" in Gastroenterology by *Boston Magazine* and *U.S. News and World Report* in 2010, 2011, 2012, and 2013.

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Preface

We were delighted with the success and positive feedback from our colleagues for the first edition of *Curbside Consultation in IBD: 49 Clinical Questions*. Writing the first edition was made easier by the contributions of our expert colleagues from around the world, who shared their experiences and insights in such readable and helpful ways. However, what we realized shortly after completing the first edition was that we could easily add another 49 questions to our first list and probably keep going! And so we have, with this updated and excellent second edition.

In keeping with the format of the *Curbside Consultation* series, we created this new edition with 49 questions, but expanded upon our first edition with entirely new questions, new authors, and, importantly, updates to prior questions that needed further explanation and distribution.

The field of inflammatory bowel disease continues to expand rapidly, and we feel fortunate to live in a time when there are so many more therapies available and improving approaches to the chronic management of these difficult diseases. But keeping pace with the advances in the field, let alone the experience necessary to apply them to practice, is a great challenge. We are hopeful that this edition of *Curbside Consultation in IBD* complements the first edition nicely, and, if you are a first time owner of this series of books, you find the format enjoyable and highly educational.

We welcome your feedback and new questions and hope that through our "curbsides" you are able to provide your patients with a better quality of life.

Perhaps no other field in gastroenterology epitomizes the rapid advance of science and medicine and of clinician and patient efforts to keep up with these developments than inflammatory bowel disease (IBD). In the last decade, the treatment options for both Crohn's disease and ulcerative colitis have expanded to include entirely new classes of compounds, as well as improvements to existing fundamental therapies. This book, *Curbside Consultation in IBD: 49 Clinical Questions, Second Edition*, has been compiled in an effort to grapple with 49 of the most common and potentially perplexing issues facing clinicians in the management of patients with IBD. The format of a question followed by a concise clinically based answer by nationally and internationally recognized experts in our field offers a broad range of health care providers instant access to insight and information, which will be most useful in their daily practice.

A challenge in the composition and editing of this text was not only identifying the most pressing questions and issues facing our specialty, but also identifying those experts who can provide a glimpse into the current and near-future care of patients in these areas. We are grateful to our colleagues and coauthors from around the world who offered their insight and shared their time with us for the completion of this unique book.

We hope you find this text to be an informative addition to your clinical tools. We welcome your suggestions regarding common questions that we failed to include, or difficult questions for which you have been unable to find an answer in the literature. We are hopeful that these questions will provide the foundation for the next edition of *Curbside Consultation in IBD*.

Foreword

Hippocrates was likely approached at the curb by other physicians for his guidance as he walked out of the asclepeion, or healing temple, where he saw patients. These days, the curb in a curbside consultation is more likely to be Web-based than stone- or cement-based, but the need for informal communication between physicians in general, and among gastroenterologists in particular, remains the same. Practice guidelines, evidence-based data from controlled trials, and meta-analyses are important, but they don't always provide the specific guidance a clinician needs to manage that next patient waiting in the exam room. Even if a patient's problem is straightforward, it may not be possible to tease out the right management without getting the advice of a savvy colleague.

Curbside Consultation in IBD is an olio of 49 clinical questions answered in plain language with enough facts to justify the recommendations, but not enough to induce dysphagia or coma in the reader. Question 8, my favorite, is a good example: it discusses a patient taking an anti-TNF alpha drug who gets a rash. The topic is complicated, with 12 general categories in the differential diagnosis, and it is handled with the pithiness a busy clinician can appreciate: brief descriptions, two figures, one table, and three references, done. If you are too booked up to read this book cover to cover, it is a good one to keep handy for quick reference.

Chapters are written by physicians who author papers and give talks on each of the topics—just the type of physician you'd like to ask for information if you passed them in the office or chatted with them after a lecture.

This is the second edition and the upgrade has been substantial, with 23 new chapters and updates on all the rest. There are at least another 49 IBD topics that could have been covered—ample fodder for future editions.

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Introduction

Curbside Consultation in IBD: 49 Clinical Questions, Second Edition has been written for clinicians who care for patients with Crohn's disease and ulcerative colitis. We recognize that these clinicians may be gastroenterologists with a specific interest in inflammatory bowel disease, academic specialists, general gastroenterologists, and advanced practice nurses or physician assistants who work in an office and have their own practice of inflammatory bowel disease patients, all of whom find care for this special population of patients to be challenging. The structure of the book is based on the best-selling series from SLACK Incorporated and is meant to replicate the casual conversation that occurs in the hallway of a hospital or clinic, or these days, by text message between colleagues who are seeing a difficult patient and are unsure of the best path forward.

The 49 questions included in this edition are based on commonly asked questions, areas that had significant advances in our field and changed the way we practice in the last several years, and additional topics related to dilemmas in our field in which there is little evidence to guide us. New to this edition is the organization of the questions by general topic, from diagnosis to treatments to surgery to chronic care and management otherwise. The book is designed to be a handbook, as well as an enjoyable cover-to-cover read. Some may find this book to be useful from time to time with difficult cases. Others will find that reading it through adds to their body of knowledge and contributes to their plan for their patient population. In either case, we hope that the succinct yet practical description and recommendations translate well to your patients.

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