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GUILD Gastroenterology Updates • IBD • Liver Disease

GUILD MAUI FEBRUARY 18-21, 2024 WAILEA MARRIOTT • MAUI, HAWAII

Year in Review: Ulcerative Colitis

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Relevant Disclosures

DTR Consultant and/or Grant Support

- Abbvie
- Boehringer Ingelheim, Ltd.
- Bristol-Myers Squibb
- Iterative Health
- Image Analysis Group
- Janssen Pharmaceuticals
- Lilly
- Pfizer
- Prometheus Biosciences
- Takeda
- Target RWE
- Trellus Health

FSV None

Objectives

- Overview key UC papers and abstracts you should know from 2023
 - Important
 - Interesting
 - Innovative
- 5 domains
 - Impact of UC on Society and Patients
 - Causative Role of Diet and Environment in UC
 - Promising Diagnostics
 - Helpful Guidelines for Practice Management
 - Therapeutics
- Our goal: 1 key clinical take home (if possible)

Impact of UC on Society and Patients

Updated incidence, prevalence, and racial-ethnic distribution of UC in the USA



The cost of inflammatory bowel disease in high-income settings: a Lancet Gastroenterology & Hepatology Commission

Ulcerative colitis



- These data are important for assessing patterns of care and often used for reducing costs but not informing care
- Unanswered questions- Do we know
 - The correct cost proportions (modifiable)
 - What are actual and indirect costs (not just relative costs)
 - Proportion of patients
 - $\,\circ\,$ in control and disease effectively monitored
 - $\,\circ\,$ % developed disability and complications of disease
 - \circ Quality of life
 - Value of care delivered

Burisch J, et al. Lancet Gastroenterol Hepatol. 2023;8(5):458-492

Common lowvalue practices in IBD



Singh S, Velayos F, Rubin DT Clin Gastro Hep Oct 2023

Bowel urgency- renewed interest in a very impactful symptom-CONFIDE Study

Cross-sectional survey study completed by 200 US and 556 European patients and 200 US and 503 European HCPs



Causative Role of Diet and Environment in UC

Antibiotic use as a risk factor for inflammatory bowel disease across the ages: a population-based cohort study



Faye AS, et al. *Gut*. 2023;72(4):663-670.

Medication use and risk of UC (PURE study)

- Prospective cohort of 133,137 adults without IBD from 24 countries
- Follow-up every 3 years for development of IBD
- Mean follow-up of 11 years
- 428 incident cases UC

Medication	Adj OR (95:Cl)
Long term NSAIDs	5.7 (2.1-15.6)
Hormonal Medications	4.2 (1.5-11.6)
Antibiotics	3.1 (1.8-5.4)

Narula N et al Clinical Gastroenterology and Hepatology 2023;21:2649–2659

Ultra-processed foods increase risk of active UC (Manitoba Living with IBD Study)

16.00 Prospective study UC, t1 vs t3, p=0.012* Patients with confirmed IBD with 14.00 t1uc t3uc symptoms in prior 2 years 12.00 • Filled online survey every 2 weeks Mean number of episodes - Symptoms 10.00 Harvard Food Frequency t3 Questionnaire \rightarrow calculated % 8.00 calories ultra processed food by tertile 6.00 Serial measurement calprotectin t1 4.00 • Compared 3rd (high) vs 1st tertile UC, **UPF** consumption p=0.018* 2.00 t3 0.00 ACTIVE DISEASE INFLAMMATION

Vagianos K et al American Journal of Gastroenterology 2024 epub



Biochemical Flares: SCCAI >5 +fecal calprotectin > 250µg/g

Sauk J, et al. CGH. 2023;21(3):P741-749.E3.

Promising Diagnostics

Anti-Integrin αvβ6 Autoantibodies Are a Novel Biomarker that Antedate Ulcerative Colitis



Artificial Intelligence Enabled Histological Prediction of Remission or

Activity and Clinical Outcomes in Ulcerative Colitis



Transmural Severity Is A Superior Predictor of Colectomy Risk Compared to Endoscopic Severity

- n=141 pts
- 13 colectomies
- MUC independently associated with colectomy risk at median 3.5 months
- OR: 1.53 (1.03-2.27)
- OR: 1.5 (95% Cl, 1.0–2.3) in the subgroup of patients with clinically active disease (PMS≥2)
- BWT and BWF were not independently better than MES



MUC > MES

MUC = $1.4 \times$ Bowel Wall Thickness (mm) + $2 \times$ Bowel Wall Flow

Helpful Guidelines for Practice Management

AGA Clinical Practice Guideline on the Role of Biomarkers for the Management of Ulcerative Colitis

Background:

- Biomarkers are used frequently for noninvasive monitoring and treatment decision making
- Evidence synthesis on the clinical performance of serum C-reactive protein (CRP), fecal calprotectin, and fecal lactoferrin in patients with established UC in symptomatic remission or with active symptoms

Singh S, Velayos F, et al. *Gastroenterology*. 2023;164(3):344-372.

Use Biomarkers and Symptoms over Biomarkers Alone

Biomarkers Enough for Medical Decision Making*

- 1. Symptomatic Remission, calprotectin <150 and/or nl CRP
- 2. Mod-Severe Symptoms, calprotectin >150 and/or CRP

Proceed with Endoscopic Assessment of Activity for Medical Decision Making

- 1. Symptomatic Remission, 🔂 calprotectin and/or CRP
- 2. Mod-Severe Symptoms, normal calprotectin and/or CRP
- 3. Mild symptoms, regardless of biomarkers

* Colonoscopy within 3 years

AGA Clinical Practice Guideline for Pouchitis and Inflammatory Disorders of Pouch



<u>Pouchitis</u>: Cipro +/- metronidazole 2-4 weeks <u>Abx Dependent</u>

- Lowest effective dose chronic antibiotics
- Advanced therapies if concern about risk of chronic antibiotics

Abx Refractory or Crohn's like disease

- Ileal release budesonide
- Advanced therapies (even ones failed prior to colectomy)

AGA Clinical Practice Update on Managing Ostomies

 Table 1. Treatment Strategies for High Ostomy Output

Type of treatment	Examples
Bulking agents	Psyllium fiber Guar gum Marshmallows ⁹
Antimotility agents	Loperamide Diphenoxylate and atropine Codeine Tincture of opium
Antisecretory agents	Proton pump inhibitors/ H2 agonists Somatostatin analogues (ie, octreotide)
Anti-inflammatory agents (if resulting from recurrent Crohn's disease)	Consultation with IBD specialist
Adaptation-promoting agents	GLP-2 analogues (teduglutide, elsiglutide, glepaglutide, apraglutide)
Surgical	Reversal of the ostomy with restoration of intestinal continuity when possible

Review plus Tips

- Derm issues
- Leakage
- Retraction
- Hernia

• Prolapse Resources

Barnes et al Gastroenterology 2024

Hedrick T et al Clin Gastro Hep Sep 2023

Therapeutics

Current Medications for Ulcerative Colitis

5-ASA	Sulfasalazine Mesalamine Oral/Enema/suppository
Corticosteroids	Prednisone Budesonide MMX Foams/Enemas/suppository
Conventional Synthetic Small Molecules	Azathioprine/6-MP Cyclosporine/Tacrolimus
Biologics	Infliximab (IV/SC)/Adalimumab/Golimumab (incl biosimilars) Vedolizumab (IV/SC) Ustekinumab Mirikizumab Guselkumab
Targeted Synthetic Small Molecules	Tofacitinib Ozanimod Etrasimod Upadacitinib
Other	Curcumin/CurQD Lactobacillus

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Other	Curcumin/CurQD Lactobacillus

Established Therapies → Novel Indications

Vedolizumab Effective for Chronic Pouchitis: EARNEST RCT

Methods:

- Phase 4 randomized trial
- Chronic pouchitis after IPAA
 - At least 3 episodes in past year
 - Prior anti-TNF OK
- 1: 1 Vedo vs PBO after 4 weeks Cipro
 - No Abx permitted weeks 4-14
 - 10% VDZ, 16% PBO steroids baseline
- Primary outcome: clinical and endoscopic remission (mPDAI <4 and reduction >=2 points) at week 14
- Secondary endpoint: week 34

Of note- higher antibiotic use in vedolizumab group after week 4

Approved in EU for pouchitis

AGA Pouchitis guideline does not specify vedolizumab first line



Travis S, et al. NEJM. 2023;338:1191-1200.

Tofacitinib is Effective for Acute Severe Ulcerative Colitis (TACOS RCT) N= 53 Tofa vs n=51 PBO

Methods:

- RCT single center India
- ASUC defined Truelove Witts
- Excluded pts IV steroids or tofa in 4 weeks prior, VTE, significant health issues

Protocol:

- 100 mg IV hydrocortisone q6h
- Tofa 10 mg tid x 7 days v PBO
- Outcome: response (decline Lichtiger by >3 and absolute score
 <10 for at least 2 consecutive days
- Responders: 40 mg prednisone (12-week taper); tofa 10 bid vs 5ASA/AZA (PBO group)



Conclusion: In patients with ASUC, combination of tofacitinib and corticosteroids improved treatment responsiveness and decreased the need for rescue therapy.

Singh A, et al. AJG 2024

Off-Label, High Intensity Upadacitinib Can Be Considered for the Treatment of Hospitalized Patients With Acute Severe UC

• Methods

- Retrospective multicenter case series
- 25 Patients who failed IV corticosteroids
- Treated with UPA 30mg BID (n=18) or UPA 45qd (n=7)
 - $\circ~$ Duration to end of admission or CRP normalization

• Results

- 19/25 pancolitis, 6/25 left sided
- 21/25 (76%) prior advanced therapy, 4 prior tofa
- 90-day colectomy 24%
- Steroid-free remission: 15/18 (83%)
- 1 each (4%) venous thromboembolism (post-op after colectomy), COVID-19, and bacteremia

CONCLUSION

First case series of off-label high intensity upadacitinib for acute severe UC
 Prospective trials are needed to evaluate safety and optimal dose/duration

Berinstein J, et al. American J Gastro 2024 epub.



UPA, upadacitinib, tofa, tofacitinib

Modifications of Established Therapies

Subcutaneous IFX and Biobetters



Liberty UC RCT: IV IFX-dyyb Induction Followed by Subcutaneous IFX-dyyb Maintenance is Effective in UC

FDA Approved October 2023

Methods:

- 498 pts moderate-severe UC received IV IFX-dyyb at W0, W2, and W6
- W10 2:1 randomization to sc IFX-dyyb 120 mg eow vs PBO if clinical response
- Increase to 240 mg permitted after W22

Results:

- Primary endpoint clinical remission
- Safety profiles comparable between sc IFX and PBO

Sands BE et al., J Crohns Colitis. 2023;17(Supplement 1):i623–i624. [ECCO 2023, Presentation number P492]; Sands BE et al., [DDW 2023, Presentation number Tu1701].

(A) Clinical remission (primary endpoint)



Subcutaneous Vedolizumab is Effective in UC (VISIBLE 1 trial)

FDA Approved September 2023

Methods

- Moderate-severe UC open label IV VDZ W0, W2, W6
- W6 responders randomized sc VDZ 108 mg w2 weeks vs PBO
- Primary endpoint clinical remission W52



- Approved as maintenance after IV(2 doses) induction in UC only (Crohn's under review)
- Pre-filled pen (108 mg)
- Dosing every 2 weeks at week 6 after first 2 IV doses
- New drug application

Janus kinase Inhibitors

Upadacitinib is Effective in Tofacitinib-Experienced UC Patients

Study 1

- Retrospective multi-center cohort in 11 U.S. centers; n=100 (98 UC, 2 IBD-U); 32% exposed to tofacitinib
- **Outcomes:** Clinical response, Wk8 & 16 clinical remission (symptom resolution), 6mo endoscopic remission (Endoscopic Mayo≤1)

		Study 1		
	Bio-naïve n/N (%)	Exposed to 1-2 therapies n/N (%)	Exposed to 3-4 therapies n/N (%)	P value
Clinical Remission (Week 16)	23/27 (85.2)	10/14 (71.4)	5/6 (83.3)	0.47
Endoscopic Healing (6 months)	23/29 (79.3)	5/9 (55.6)	2/8 (25.0)	0.02

Study 2

- Prospective single-center cohort of tofacitinib-experienced patients; n=26
- Outcomes: SCCAI, HBI, calprotectin

	Study 2		
	Week 2 N=10	Week 4 N=8	Week 8 N=8
Clinical response, n (%)	6 (60)	7 (87.5)	8 (100)
Clinical remission, n (%)	4 (40)	7 (87.5)	7 (87.5)
SF remission, n (%)	1 (25)	6 (85.7)	7 (100)
Δ calprotectin from baseline, ug/g (SD)	-	-649.2 (772.7)	-180 (721.8)
Calprotectin <150ug/g, n (%)	-	2 (66.7)	4 (80)

Deepak P, et al. Presented at DDW. May 2023. Tu1806. Friedberg S, et al. Clin Gastroenterol Hepatol. 2023 Jul;21(7):1913-1923.



Ma C, et al. Am J Gastroenterol. 2023;118(5):p861-871.

Anti p-19 (IL-23) biologics

Anti-p40 (IL-12/23) and Anti-p19 (IL-23)

Brazikumab						
IL-12 Guselkumab Mirikizumah IL-23		p40		p1	9	
Risankizumab	Approved	Ustekinumab	Risankizumab	Mirikizumab	Guselkumab	Brazikumab
	Moderate to Severe Plaque Psoriasis	20095	2019 ⁵		20175	
ILLEROZ NK or T cell membrane	Active Psoriatic Arthritis	2013 ⁵	2019 ⁵		2020 ⁵	
	Moderate to Severely Active Crohn's Disease	20166	20237	In development	In development	In development
No IL-12 or IL-23 Intracellular signal Figure adapted from de Gately MK, et al. 1998 ¹ , Wilson NJ, et al. 2007 ² , Nickoloff BJ et al, 2004 ³ , Nestle FO et al. J 2004 ⁴	Moderate to Severely Active Ulcerative Colitis	2019 ⁶	In development	2023 ⁸	In development	In development
	6.	https://www.acce	ssdata.fda.gov/drugsatfd	 Gately MK, Wil Nickoloff BJ, Ne Nestle F Yang K, et docs/label/2019/76 	et al. Annu Rev Immur son NJ, et al. Nat Immu stle FO. J Clin Invest. 21 O et al. J Invest Dermo al. AM J Clin Dermatol 51044s0031bl.pdf. Acce 61262s000lbl.pdf. Acce	nol. 1998;16:495-521. nol. 2007;8(9):950-7. 004;113(12):1664-75. tol. 2004; 123:xiv-xxv . 2021;22(2):173-192. essed on May 1, 2023. Sesed on May 1, 2023.

8. <u>https://investor.lilly.com/news-releases/news-release-details/fda-approves-lillys-omvohtm-mirikizumab-mrkz-first-class. Accessed on Jan 9</u>, 2024.

Mirikizumab is Effective as Induction and Maintenance Therapy for UC

• FDA Approved October 2023

Methods:

- 1281 Pts moderate-severe UC randomized 3:1 to mirankizumab (300 mg) IV every 4 weeks for 12 weeks or PBO
- Responders randomized 2:1 mirankizumab (200 mg) or PBO sc every 4 weeks for 40 weeks

Results:

- Difference in remission seen beginning W4
- Nasopharyngitis and arthralgias more common with mirankizumab
- OI (zoster) or cancer occurred in small number MKZ treated patients

Conclusion: Mirankizumab was more effective than PBO for inducing and maintaining remission in UC

D'Haens, G et al. N Engl J Med. 2023 Jun 29;388(26):2444-2455.



Mirikizumab Is Effective for Induction and Maintenance in UC Regardless of Exposure to Prior Therapy



Navabi S, et al. Presented at DDW. May 2023. Tu1712.

MIRI, mirikizumab; VDZ, vedolizumab; tofa, tofacitinib; TIM, targeted immune modulator

Guselkumab Induction Is Effective in Moderately-to-Severely Active Ulcerative Colitis: QUASAR Phase 3 DB-RCT

- FDA Approved plaque psoriasis (2017) & psoriatic arthritis (2020)
 Methods
 - Pts moderate-severe UC randomized 3:2 to IV GUS 200mg or placebo at W0, 4, 8
 - Primary endpoint was clinical remission at W12
 - Results
 - N=701 (49% failed ≥1 advanced therapy, 43% on steroids, 68% Mayo endoscopy subscore 3)
 - Symptomatic improvement by W2, symptomatic remission by W4
 - Adverse events in the GUS group were similar to placebo
 - 1.5% of ADA at W12, none with neutralizing ADA

Conclusion

 Guselkumab induction appeared safe and effective in the treatment of moderate-to-severely active UC



Allegretti JR, *et al.* Presented at DDW. May 2023. 913b. IV, intravenous; GUS, guselkumab; UC, ulcerative colitis; ADA, anti-drug antibodies

Combination Therapy With Guselkumab and Golimumab in Ulcerative Colitis (VEGA)



Mayo score ≤2 with no individual subscore

>1 (major secondary endpoint)

Δ = 14.5%^a

Nominal P=0.058b

21.1%

GUS

Δ = 15.5%^a Nominal P=0.041b

36.6% T

26/71

сомво

80-

40-

0

22.2%

16/72

GOL

Clinical response* at Week 12 (primary endpoint)



Clinical remission* at Week 12

Modified Mayo score



Feagan BG, et al. Lancet Gastroenterol Hepatol. 2023;8(4):307-320.

S1P Receptor Modulators

S1P Receptor Modulator Mechanism of Action



Danese S, et al. *J Crohns Colitis*. 2018;12(suppl_2):S678-S686 Sandborn WJ, et al. *Gastroenterology*. 2020;158(3):550-561.

S1P Differentiation

	Expression ¹	Biologic Outcomes ¹	Clinical Relevance ¹			
S1D1	Broad, including B, T, and	Lymphocyte migration, dendritic cell migration,	Immune modulation,	Medication	Target	Indication
5191	cardiac tissue, and neurons	bradycardia, nociception, proliferation	tumor maintenance	Finalized	Nonselective S1P1-5	MC (FDA 2010)
	Broad, including vascular smooth muscle, endothelium,	Vasoconstriction,	Renal injury, fibroblast	Fingolimoa	receptor modulator ^{2,3}	MS (FDA 2010)
S1P2	cardiac tissue, lung fibroblasts, and tumor cells	inhibition of B-cell survival, proliferation	contraction, tumor maintenance	Ozanimod	Selective S1P1 and S1P5 receptor modulator ^{4,5}	UC (FDA 2021)
S1P3	Broad, including vascular smooth muscle, endothelium, cardiac tissue, and lung fibroblasts	Vasoconstriction, fibrosis, proliferation	Hypertension, tumor maintenance	Etrasimod	Selective S1P1, S1P4, and S1P5 receptor modulator ²	UC (FDA 2022) CD (Phase 3, NCT04173273)
S1P4	Restricted; T cells, dendritic cells, breast cancer cells	Inhibition of effector cytokines, secretion of IL-10	Immune modulation	Amiselimod	Selective S1P1 receptor modulator	CD (Phase 2, NCT02389790)
S1P5	Restricted; natural killer cells, endothelial cells, oligodendrocytes	Natural killer cell migration, blood-brain barrier integrity, oligodendrocyte function	Immune modulation, myelination	 Peyrin-Biroulet L, et al. Autoimmun Rev. 2017;1(Sandborn WJ, et al. Gastroenterology. 2020;15(Scott FL, et al. Br J Pharmacol. 2016;173(11) Sabino J, et al. Therap Adv Gastroenterol. 2017;1(2017) 		nmun Rev. 2017;16(5):495-503. terology. 2020;158(3):550-561. pacol. 2016;173(11):1778-1792. c Gastroenterol. 2019;(12):1-14.

Etrasimod is Effective for Induction and Maintenance in UC- ELEVATE UC 12 and ELEVATE UC52

• FDA Approved October 2023

Methods

- Pts moderate-severe UC randomized 2:1 to po etrasimod (2 mg) or PBO
- Primary endpoint was clinical remission at W12 and W52
- Results
 - N=433 (E52), N=354 (E12)
 - Adverse events
 - 71% etrasimod and 56% PBO (E52)
 - 47% etrasimod and 47% PBO (E12)
 - No deaths or malignancy

Conclusion

 Etrasimod appeared safe and effective for induction and maintenance of moderate-toseverely active UC



IV, intravenous; GUS, guselkumab; UC, ulcerative colitis; ADA, anti-drug antibodies

Etrasimod (S1P) is Effective in Isolated Proctitis: Post-Hoc of Phase 3 Trial

Methods:

• Subgroup analysis of ELEVATE UC 12/52 patients with isolated proctitis (<10cm of active rectal involvement)

Results:

- n=64 (42 Etrasimod and 22 PBO)
- Clinical remission, endoscopic improvement, and symptomatic/EIHR at Wk12 and clinical remission at Wk52



Distinguishing Ozanimod and Etrasimod

Differentiating Parameter	Ozanimod ¹⁻³	Etrasimod ⁴⁻⁷
Receptor selectivity	S1P1, S1P5	S1P1, S1P4, S1P5
Lymphocyte suppression in healthy volunteers	1 mg: ~65%	2 mg: 69%
Lymphocyte suppression in disease (MS, UC, CD)	1 mg: 50%	2 mg: 40%
CYP450 interactions	Yes	No
Liver enzyme elevations	Yes	No
Active metabolites	Yes	No
Half-life	21 hours; metabolite 11 days	~33 hours
Fast lymphocyte recovery time	No	Yes
First-dose HR reduction	Yes	Yes (modest)
Dose titration required	Yes	No

 Tran JQ, et al. J Clin Pharmacol. 2017;57(8):988-996. 2. US National Library of Medicine. Ozanimod hydrochloride package insert. Updated September 1, 2020. Accessed April 9, 2021. https://dailymed.nlm.nih.gov/dailymed/. 3. Sandborn WJ, et al. N Engl J Med. 2016;374(18):1754-1762. 4. Schreiber S, et al. Poster presented at: 2016 Advances in Inflammatory Bowel Diseases, Crohn's and Colitis Foundation's Clinical and Research Conference; December 8-10, 2016; Lake Buena Vista, Florida. Poster P-180. 5. Peyrin-Biroulet L, et al. Poster presented at: 12th Congress of European Crohn's and Colitis Organisation; February 15-18, 2017; Barcelona, Spain. Poster P369. 6. Peyrin-Biroulet L, et al. Poster presented at: 13th Congress of European Crohn's and Colitis Organisation; February 14-17, 2018; Vienna, Austria. Poster P573. 7. Sandborn WJ, et al. Gastroenterology. 2020;158(3):550-561.

Potpourri

Anti-TNF-Like Ligand 1a (TL1A) Is Effective Induction Therapy for Moderate-Severe UC: ARTEMIS-UC Phase 2 Trial for PRA023 (now MK-7240)

• Background

- TNF-like ligand 1A (TL1A) is a member of the TNF superfamily linked to multiple autoinflammatory & fibrotic diseases
- PRA023 is an investigational anti-TL1A monoclonal antibody

Methods	Randomization:		PRA023		Primary Endpoint:
	 Dx status (+/-) Prior biologic (yes/no) 		Placebo		Modified Mayo Score
	Da 10001	ay 1 W2 mg IV 500mg IV	W6 500mg IV	W10 V 500mg IV End	N12 oscopy

• Results

Baseline demographics	Placebo (n=67)	PRA023 (n=68)	
Duration of disease, years, mean (SD)	6.3 (6.2)	6.7 (6.4)	
Proctosigmoiditis; Left-sided colitis; Pancolitis	7 (10%), 28 (42%), 32 (48%)	2 (3%), 35 (51%), 31 (46%)	
Modified Mayo Score, mean (SD)	7.1 (1.1)	6.9 (1.2)	
Fecal Calprotectin (µg/g)	1395.4 (1430.6)	1219.1 (1381.5)	
Concomitant immunosuppressant use, n (%)	11 (16%)	7 (10%)	
Concomitant corticosteroid use, n (%)	39 (58%)	35 (52%)	
Number of prior advanced therapies exposed, n (%)			
0	35 (52%)	36 (53%)	
1	8 (12%)	12 (18%)	
2	12 (18%)	14 (21%)	
≥3	12 (18%)	6 (9%)	

Sands B, et al. Presented at DDW. May 2023. 477a

Ulcerative Colitis:

Network Meta-Analysis of Treat Through Clinical Response



Panaccione R, et al. Crohns Colitis 360. 2023;5(2):otad009. Published 2023 Mar 1

Coconut water induces clinical remission in mildmoderate UC

Why coconut water

anti-inflammatory due to presence of cytokinins, phytohormones, and vitamins
Antibacterial, antifungal, antiviral, and anti-oxidant actions

- -Anti-microbial peptides which can influence the gut microbiome
- Rich source of dietary potassium, which has been linked with inflammation.



Summary: Year in Review Ulcerative Colitis

- Exciting ongoing research into pre-disease states and environmental influences
- Multiple new FDA-approved drugs are available and safe and effective in moderateto-severe UC management
- Novel uses of advanced therapies in ASUC and pouchitis appear promising
- Disease Monitoring is a critical part of management of UC
 - Updated guidelines on biomarkers including calprotectin
 - Newer Disease monitoring tools are emerging including IUS
 - Application of AI for monitoring
- Stay away from antibiotics and chips and other UPF (when possible); Enjoy a coconut or two while in Maui, and de-stress