Inflammatory Bowel Diseases

10th Congress of ECCO
February 18-21, 2015

- CCIB Barcelona, Spain
- EACCME applied
- Register at www.ecco-ibd.eu/ecco15

Scan and contact the ECCO Office
www.ecco-ibd.eu
Become a member!

New: 3-Year Membership

To reach our objectives, our members can access the following ECCO Initiatives:

- Reduced Congress Fee
- IJC – Journal of Crohn's and Colitis (12 online issues/year)*
- e-CCO Learning incl. e-CCO Courses and e-CCO Library
- Educational and networking activities
- Guidelines, ECCO Fellowships, Grants and Travel Awards
- Monthly eNewsletter

Be a bee in our hive to experience the ECCO Spirit

ECCO Governing Board 2014
President
Silvère Vermeire
Leuven, Belgium
silvère.vermeire@uzleuven.be
President-Elect
Júlían Pánés
Barcelona, Spain
jpanen@clinic.ub.edu
Secretary
Silvio Damia
Milan, Italy
vidam@hsun.it
Treasurer
Tibor Hálay
Budapest, Hungary
tibor.halay@med.pte.hu
Education Officer
Axel Dignass
Frankfurt am Main, Germany
axel.dignass@fkh.ch
Scientific Officer
Lausanne, Switzerland
piercimo@phystech.ch

New: 3-Year Membership

ECCO National Representatives 2014

Austria
Gotfried Nuyts
gotfried.nuyts@medunivwien.ac.at

Belgium
Christophe Houten
christophe.houten@medunivwien.ac.at

Bosnia and Herzegovina
Lazar Kuzma
lazar.kuzma@gmail.com

Bulgaria
Zoya Spassova
zoya.spassova@hotmail.com

Croatia
Ivan Miličić
ivan.malic@gmail.com

Czech Republic
Zdeněk Štětina
zdenek.stetina@uknejzku-praha.cz

Denmark
Thørge Mørk
thorge.mork@gmail.com

Estonia
Jaak Kohver
jaak.kohver@uue.ee

Finland
Sari Hietala
sari.hietala@helsinki.fi

France
Laurent Bouhassira
laurent.bouhassira@aphp.fr

Germany
Britta Siegmund
britta.siegmund@charite.de

Greece
Iliana Giamarelou
iliana.giamarelou@aggteleios.gr

Iceland
Gunnbjörn B. Mathisson
gunnbjorn.mathisson@landelaund.is

Italy
Anna Kohn
akohn@scamilloforlanini.ri.it

Latvia
Iveta Blaumane
iveta.blaumane@inbox.lv

Lithuania
Darius Kriciūnas
darius.kricius@vilsmedis.lt

Luxembourg
Christine Kremer
christine.kremer@gmail.com

Netherlands
Diederik Boon
diederik.boon@umcutrecht.nl

Norway
Einar Asvold
einar.asvold@kommuneskatte.no

Poland
Ireneusz Grochowski
igor.grochowski@uj.edu.pl

Portugal
Fernando Magrini
fernando.magrini@unlp.edu.ar

Romania
Cristina Cornu
cristina.cornu@bucuresti.rr.it

Russian Federation
Elena Fedorova
e.fedorova@kmsmed.ru

San Marino
Davide Scigliano
davide.scigliano@gmail.com

Spain
Irene Riego
irene.riego@salud.madrid.org

Sweden
Atle Solheim
atle.solheim@nhs.net

Switzerland
Mariane Wetzel
mariane.wetzel@hz-smk.ch

Turkey
Gülcan Kocak
gulcan.kocak@baskent.edu.tr

United Kingdom
Charlotte Williams
charlotte.williams@northampton.nhs.net

United States
Erica Prowse
ericaprowse@chop.org

ECCO Conctact List 2014

www.ecco-ibd.eu

*For Regular Members (incl. VECCO) only; online access only
Dear ECCO Friends,

Summer is – sadly – over once again, and the days are getting shorter and darker (at least in this small country called Belgium). I am writing this on a rainy evening when everyone has gone to sleep except my computer and I… how familiar this will probably sound to many of you!

What is there to say? Well, the ECCO Office is getting ready for the Congress in Barcelona in February: I need to remind you to register on time if you want to save money! The ECCO Committees have been working hard, so also check out the educational programme prior to the Congress as these activities admit only a limited number of attendees and operate on a first-come first-served basis!

When going through the content of this ECCO News, it almost looks like this issue is a compilation of “interviews with VIPs”: Very important (yes) but above all very interesting people who have a strong vision for our organisation, our journal, or health care in Europe and beyond.

There is the interview with Laurence Egan, the new Editor-in-Chief of the Journal of Crohn’s and Colitis, who took over this year from Miquel Gassull, the first founding editor of JCC. Laurence has great ambitions to further increase the Impact Factor of the journal and his long experience as Associate Editor of Gut has certainly put him in an ideal position to achieve this!

The interview with past-president Daniel Hommes will be liked by many of you. Daniel has always been and still is a great inspirer and dreamer of a better health care, and it is heart-warming to have him back in ECCO News, from sunny California!

And we have the interview with Elmer Schabel from the European Medicines Agency (EMA). With new endpoints for IBD being discussed on both sides of the Atlantic, I am very pleased that the EMA, through the person of Elmar Schabel, wants to listen to our viewpoints and enter into a serene debate on how to advance the care of our patients.

I think I have given you enough reasons to continue reading this issue… and if not, I am sure you will nevertheless discover its attractions for yourself.

See you in Barcelona!
**In Memoriam**

**Professor Arlette Darfeuille-Michaud**

Arlette Darfeuille-Michaud sadly passed away in June after suffering from cancer.

She is a great loss to IBD research and to the research community. She was Professor of Microbiology and Molecular Biology at the University of Auvergne in Clermont Ferrand. Her research since the early 1980s has been focused on E. coli, initially in the context of gastroenteritis but subsequently, following publication of her ground-breaking work in 1998 (Darfeuille-Michaud et al, Gastroenterology. 1998;115:1405-13), on the role of E. coli in the pathogenesis of Crohn’s Disease. Her 108 peer-reviewed publications include 68 on the role of E. coli in Crohn’s Disease. These have been very highly cited – the first two alone have been cited over one thousand times between them. She led her team through a series of important studies that demonstrated the strong association between mucosa-adherent E. coli and Crohn’s Disease, particularly in patients with ileal disease, and then characterised the phenotype of these E. coli. She demonstrated that they adhere to and invade intestinal epithelial cells in vitro and replicate in macrophages, inducing granuloma formation – a phenotype that led to their designation as adherent and invasive E. coli (AIEC). Her group then conducted a series of high-quality studies that showed firstly that the Crohn’s Disease AIEC isolates adhere to the glycoprotein CEACAM6, which is overexpressed by the ileal mucosal glyocalyx in Crohn’s Disease, and then that the AIEC typically express lpfA (long polar fimbriae) essential to their translocation across M (microfold) cells, their probable portal of entry. The increased prevalence in Crohn’s Disease of mucosa-associated E. coli with an adherent-invasive phenotype has been confirmed by many other groups and although there is also evidence of other bacteria in Crohn’s Disease tissue samples, it seems very plausible that the E. coli may have a causative role, at least in some forms of Crohn’s Disease. This is now being tested in therapeutic trials targeting the E. coli. More recently she and her group have been contributing importantly to the increasingly strong evidence of a link between similar mucosa-associated E. coli and sporadic colon cancer. She was awarded the Charles Debray prize for Gastroenterology in 1994 and in 2012 she was appointed Chevalier de la Légion d’Honneur.

Arlette was much more than a dedicated researcher though. She was an inspirational mentor to members of her group and a hugely stimulating and generous collaborator with many other groups across the world. She was frequently in demand as a lecturer and her great warmth of character and sense of fun made any meeting in which she participated very special. She has trained excellent researchers who are now continuing her important work in Clermont Ferrand and elsewhere. Arlette was like a mother for the fellows who she trained in her lab and used to call ‘mes petits’. She was very proud when she saw them on stage presenting their most recent data at prestigious international meetings. For several of us Arlette was that which is the most difficult to find on earth: A true Friend.

It has been a wonderful privilege to collaborate with Arlette and she will be greatly missed by all of us in the IBD community. She leaves a husband, Jean-Eric, and two sons, Pierre-Johan and Vincent, and our thoughts are with them.

**Jean-Frédéric Colombel**
Icahn School of Medicine at Mount Sinai
Director of Helmsley IBD Center
New York City, USA

**Jonathan Rhodes**
Department of Gastroenterology
School of Clinical Science, University of Liverpool
Liverpool, UK
The early Days of ECCO: Difficulties, Enthusiasm and Friendship

The foundation, growth and expansion of ECCO have already been described in two previous publications (“The History of ECCO” by Renzo Caprilli and the “10 year ECCO Anniversary Book”).

Driven by the enthusiasm displayed by the participants in the Prague course, we decided to reproduce that same friendly, interactive atmosphere in the following courses. The site of the course would naturally play a key role: What we wanted was a small, attractive place with no undue distractions for the students. In those days, the course was held separately from the Congress.

The second course was organised in 2004 by Boris Vuvelic in Dubrovnik, on the shores of a magnificent gulf in the Adriatic. Once again, we encountered a number of economic “complications”, but in the end, everything went well, and the course was highly appreciated by the participants, especially for the relations that were established at the human level between students and teachers. “The Spirit of ECCO”, as it would later be defined, was starting to emerge.

The third course I arranged myself in 2005, at Poltu Quatu in Sardinia. The word “Poltu” means harbour in the Sardinian dialect, and “Quatu” means quiet, peaceful. And it was indeed peaceful but also breathtakingly beautiful. I recall that, a few days before the course started, I got a call from Geert D’Haens, who was then our Secretary and Treasurer. In an alarmed voice, he informed me that the course had to be cancelled because there was no money to cover the transfer of the speakers and the students from the airport in Olbia to Poltu Quatu and back. I replied that “the show had to go on!” and that, one way or another, I would take care of the transportation problems myself. And the course did take place and was an unbelievable success, highlighted, as I recall, by a friendly outing in a rubber dinghy along the shores of the Emerald Coast, which was organised by a group of students and instructors. And in that same “ECCO Spirit”, young Séverine Vermeire was invited to give a presentation on the students’ opinions on ECCO, including criticism and suggestions for improvement. She humorously compared the organisational structure of ECCO to that of the Catholic Church, with a Pope (or President… that was me), a College of Cardinals (the members of the Governing Board) and the faithful believers, who were, of course, the students themselves. The entire presentation was accompanied by slides that triggered roars of laughter!

In 2006, the course became a part of the annual ECCO Congress, and it has remained that way ever since. That year the site was the...
The History of ECCO

Amsterdam Academic Medical Center, and the atmosphere of the course was as relaxed and friendly as ever, with Daniel Hommes awarding the course’s top student with an honorary umbrella bearing the AMC logo! The pioneering journey we had undertaken was drawing to a close. It had been an extremely gratifying experience for all of us, but another was beginning, different and even more far-reaching. I’m convinced that the course, with its ongoing involvement of young physicians, was (and is) the main key to ECCO’s success.

In the meantime, it was becoming clear that ECCO’s visibility had to be increased in Europe and the rest of the world. We figured that becoming an Associate Member of the United European Gastroenterological Federation (UEGF) would be a great opportunity, even though it would not be easy. Since, at that time, I was a member of the UEGF Council, I took advantage of the 2001 Council Meeting in Amsterdam to introduce ECCO to my colleagues, describing the organisation’s structure and its main goals. My presentation triggered numerous questions and a lengthy discussion (no-one really knew what ECCO was!), but in the end my proposal was accepted, and ECCO became an official Associate Member of the UEGF. This was a milestone in the history of ECCO because, as an Associate Member, we had a voice in the politics of the UEGF and the right to access the Federation’s revenues. During the same period, we also decided to invite pharmaceutical companies interested in IBD to become Corporate Members of ECCO. The first to do so were Giuliani and Centocor, but they were quickly followed by many others.

The storm was over, and the ship and its crew were sailing into calmer waters, and with a tail wind to boot! This is where the incredible growth of ECCO started.

Besides organising the Congress and the course every year, ECCO is active on several other fronts, including the publication of the Journal of Crohn’s and Colitis (JCC). Founded and launched by Miguel Gassul, the JCC can already boast an IF (Impact Factor) of 3.3. We also publish the trimonthly journal “ECCO News”, which contains all the information on the organisation’s activities, and the ECCO Guidelines for Management of CD and UC, which are considered the main reference point for these diseases in Europe and elsewhere. ECCO has also been organising Educational Workshops here in Europe and in other parts of the world and awarding research grants to selected young gastroenterologists. We have set up several very active Committees (Education-, Epidemiological-, Clinical Trials-, Guidelines-, and Scientific Committee as well as Nurses, Paediatricians, and Surgeons of ECCO, and Young ECCO), which ensure that the policies of our society are based on ongoing multidisciplinary interaction.

To date, ECCO’s membership includes over 2,500 individuals, 33 states and 17 Corporate Members. It boasts an extremely efficient secretariat, the ECCO Office Team, which is perfectly coordinated by Nicole Eichinger, and next summer we will be opening a new office (owned by ECCO) in Vienna.

And all this has happened in a little over 10 years. Incredible but true! The dream of a few friends has become reality.

RENZO CAPRILLI
Founder and First President of ECCO

Call for Abstracts for the 10th Congress of ECCO


Presentation format
- The 28 best abstracts (up from 24 in 2014) will receive an oral presentation slot in the scientific programme of the 10th Congress of ECCO.
- The next best ~100 abstracts will be digital oral posters, with a 5-minute oral presentation on Thursday, February 19, 2015 from 17:15 to 18:15.
- The remaining accepted abstracts will be displayed as hard copy posters throughout the Congress. Please find further details in the guidelines for presentation (www.ecco-ibd.eu/guidelines-for-abstract-presentation-2015).

Important note
There will be NO late-breaking abstracts, so please aim to get your abstract in on time!

We look forward to welcoming you to the ECCO Congress in Barcelona, Spain on February 18–21, 2015!

Kind regards

SILVIO DANES, JAMES LINDSAY, JULIÁN PANES, GERHARD ROGLER
On behalf of the ECCO15 Barcelona Organising Committee

SEVERINE VERMEIRE
ECCO President and Chair of the Organising Committee
We keep you informed at all times!

More reasons to join the ECCO Family!

JCC
- 2013 Impact Factor: 3.562
- ECCO Guidelines
- ECCO Scientific Workshop reviews
- JCC online only (digital version & website)
- Printed copies to be purchased at Elsevier

ECCO Website
- Videos of congress presentations
- ECCO Activities & Events
- Congress abstracts

ECCO IBD Mobile App
- News on IBD at your fingertips

ECCO News
- All the inside stories of ECCO
- ECCO Calls, Elections and Activities
- Literature reviews

e-CCO Learning
- e-Courses
- e-Library
- Abstracts
- Documents, images
- Webcasts, podcasts

Scan and contact the ECCO Office
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### Preliminary programme: Thursday, February 19, 2015

<table>
<thead>
<tr>
<th>Time</th>
<th>Session/Event</th>
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<tbody>
<tr>
<td>10:45 – 11:15</td>
<td><strong>Top tips for chairs (closed session)</strong></td>
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<tr>
<td></td>
<td>Laurence Egan, Galway, Ireland</td>
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<tr>
<td>11:30 – 12:30</td>
<td><strong>Satellite symposia 1a &amp; 1b</strong></td>
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<tr>
<td>12:45 – 13:00</td>
<td><strong>Welcome &amp; opening</strong></td>
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<tr>
<td></td>
<td>Eugeni Domènech, Barcelona, Spain</td>
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<td>Séverine Vermeire, Leuven, Belgium</td>
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<tr>
<td>13:00 – 14:30</td>
<td><strong>Scientific session 1: The exposome in the pathogenesis of IBD</strong></td>
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<td>Arie Levine, Tel Aviv, Israel, Isabelle Cleynen, Leuven, Belgium</td>
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<tr>
<td>13:00 – 13:15</td>
<td><strong>How food triggers inflammation</strong></td>
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<td>Marc Veldhoen, Cambridge, United Kingdom</td>
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<td>13:20 – 13:30</td>
<td><strong>Oral presentation 1</strong></td>
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<tr>
<td>13:30 – 13:50</td>
<td><strong>Impact of lifestyle changes on disease course</strong></td>
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<td>Gerhard Rogler, Zurich, Switzerland</td>
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<td>13:50 – 14:00</td>
<td><strong>Oral presentation 2</strong></td>
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<td>14:00 – 14:10</td>
<td><strong>Oral presentation 3</strong></td>
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<tr>
<td>14:10 – 14:30</td>
<td><strong>Epigenetics of IBD</strong></td>
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<td></td>
<td>Jack Satiangi, Edinburgh, United Kingdom</td>
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<tr>
<td>14:30 – 15:00</td>
<td><strong>Coffee break</strong></td>
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<tr>
<td>15:00 – 17:00</td>
<td><strong>Scientific session 2: Pharmacokinetics in clinical practice: Does it matter?</strong></td>
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<td>Geert D’Haens, Amsterdam, The Netherlands</td>
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<td>Eugeni Domènech, Barcelona, Spain</td>
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<tr>
<td>15:00 – 15:20</td>
<td><strong>Influence of the inflammatory burden on pharmacokinetics of biologicals</strong></td>
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<td>Diane Mould, Phoenixville, United States</td>
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<td>15:20 – 15:30</td>
<td><strong>Oral presentation 4</strong></td>
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<tr>
<td>15:30 – 15:50</td>
<td><strong>Understanding pharmacokinetics and immunogenicity of anti-TNFs</strong></td>
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<td>Ann Gils, Leuven, Belgium</td>
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<td>15:50 – 16:00</td>
<td><strong>Oral presentation 5</strong></td>
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<tr>
<td>16:00 – 16:10</td>
<td><strong>Oral presentation 6</strong></td>
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<tr>
<td>16:10 – 16:30</td>
<td><strong>Applying pharmacokinetics in the daily care of patients: From combination therapy to therapeutic drug monitoring</strong></td>
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<td>Barrett Levesque, San Diego, United States</td>
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<tr>
<td>16:30 – 16:40</td>
<td><strong>Oral presentation 7</strong></td>
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<tr>
<td>16:40 – 17:00</td>
<td><strong>Applying the lessons learnt from anti-TNF strategies to novel biologicals</strong></td>
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<td>Yehuda Chowers, Haifa, Israel</td>
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### Preliminary programme: Friday, February 20, 2015

<table>
<thead>
<tr>
<th>Time</th>
<th>Session/Event</th>
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<tbody>
<tr>
<td>07:15 – 08:15</td>
<td><strong>Satellite symposia 3a &amp; 3b</strong></td>
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<tr>
<td>08:30 – 09:30</td>
<td><strong>Scientific session 3: Optimal use of resources</strong></td>
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<td></td>
<td>Anna Kohn, Rome, Italy</td>
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<td>John Mansfield, Newcastle upon Tyne, United Kingdom</td>
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<tr>
<td>08:30 – 08:50</td>
<td><strong>The true cost of IBD care</strong></td>
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<td>James Lindsay, London, United Kingdom</td>
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<td>08:50 – 09:00</td>
<td><strong>Oral presentation 8</strong></td>
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<td>09:00 – 09:10</td>
<td><strong>Oral presentation 9</strong></td>
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<tr>
<td>09:10 – 09:30</td>
<td><strong>Surgical alternatives to biological therapy</strong></td>
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<td></td>
<td>Omar Faiz, London, United Kingdom</td>
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<td>09:30 – 10:30</td>
<td><strong>Scientific session 4: The gut barrier under attack: Therapeutic implications</strong></td>
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<td>Silvio Danese, Milan, Italy</td>
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<td>Philippe Marteau, Paris, France</td>
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<tr>
<td>09:30 – 09:50</td>
<td><strong>Mechanisms of damage and repair</strong></td>
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<td>Gjis van den Brink, Amsterdam, The Netherlands</td>
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<tr>
<td>09:50 – 10:00</td>
<td><strong>Oral presentation 10</strong></td>
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<tr>
<td>10:00 – 10:10</td>
<td><strong>Oral presentation 11</strong></td>
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<tr>
<td>10:10 – 10:30</td>
<td><strong>The microbiome in the pathogenesis and therapy of IBD</strong></td>
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<td>Alla Hart, London, United Kingdom</td>
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### Coffee break

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<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>10:30 – 11:00</td>
<td><strong>Coffee break</strong></td>
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### Scientific Programme at ECCO’15

<table>
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<tr>
<th>Time</th>
<th>Session/Event</th>
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<tbody>
<tr>
<td>11:00 – 12:20</td>
<td><strong>Delivering quality to the patients</strong></td>
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<tr>
<td></td>
<td>Simon Travis, Oxford, United Kingdom</td>
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<td>Janette Gaarenstroom, Utrecht, The Netherlands</td>
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### Scientific session 5: Delivering quality to the patients

<table>
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<tr>
<th>Time</th>
<th>Session/Event</th>
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<tbody>
<tr>
<td>11:00 – 11:20</td>
<td><strong>The central role of the IBD nurse in the multidisciplinary management</strong></td>
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<tr>
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<td>Marian O’Connor, London, United Kingdom</td>
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<td>11:20 – 11:30</td>
<td><strong>Oral presentation 12</strong></td>
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<tr>
<td>11:30 – 11:50</td>
<td><strong>Measuring the quality performance of your centre</strong></td>
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<td>Xavier Calvet Calvo, Sabadell, Spain</td>
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<td>11:50 – 12:00</td>
<td><strong>Oral presentation 13</strong></td>
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<tr>
<td>12:00 – 12:20</td>
<td><strong>Panel discussion</strong></td>
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<td>• Role of the IBD nurse in continued patient care?</td>
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<td>• Value of a transition clinic?</td>
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<td>• Follow-up of the pregnant IBD patient</td>
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<td>• Who should operate on the IBD patient?</td>
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### Scientific session 6: Biosimilars

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<th>Time</th>
<th>Session/Event</th>
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<tbody>
<tr>
<td>14:30 – 15:00</td>
<td><strong>The science behind biosimilars</strong></td>
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<td>Gonzalo Calvo, Barcelona, Spain</td>
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<tr>
<td>14:00 – 14:20</td>
<td><strong>Experience with biosimilars from rheumatology</strong></td>
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<td>Ulf Müller-Ladner, Bad-Naunheim, Germany</td>
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<td>14:20 – 14:30</td>
<td><strong>Oral presentation 15</strong></td>
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<td>14:30 – 14:40</td>
<td><strong>Oral presentation 16</strong></td>
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<tr>
<td>14:40 – 15:00</td>
<td><strong>Unanswered questions on biosimilars in IBD</strong></td>
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<td>Stefan Schreiber, Kiel, Germany</td>
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### Coffee break

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<th>Time</th>
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<tr>
<td>15:00 – 15:30</td>
<td><strong>Coffee break</strong></td>
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### Scientific session 7: ECCO Fellowships & Grants

<table>
<thead>
<tr>
<th>Time</th>
<th>Session/Event</th>
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<tbody>
<tr>
<td>15:30 – 16:10</td>
<td><strong>Outcomes from the 2013-14 Fellowships: The effect of vitamin D on the intestinal microbiome in patients with Ulcerative Collitis</strong></td>
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<td>Mayur Garg, Melbourne, Australia</td>
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<tr>
<td>15:37 – 15:44</td>
<td><strong>Outcomes from the 2013-14 Fellowships: Mechanisms of primary non-response to anti-TNF-α therapy in Inflammatory Bowel Diseases</strong></td>
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<tr>
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<td>Konstantinos Papanimach, Athens, Greece</td>
</tr>
<tr>
<td>15:44 – 15:50</td>
<td><strong>Announcement of ECCO Fellowships &amp; Grants 2015</strong></td>
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<tr>
<td></td>
<td>Edouard Louis, Liège, Belgium</td>
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</tbody>
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### Scientific session 8: Challenging Cases

<table>
<thead>
<tr>
<th>Time</th>
<th>Session/Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>16:10 – 17:10</td>
<td><strong>Case 1: Risk of cancer in chronic peri-anal disease</strong></td>
</tr>
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<td></td>
<td>Frank Ruemmele, Paris, France</td>
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<tr>
<td>16:30 – 16:50</td>
<td><strong>Case 2: Risk of infection occurring under biological treatment</strong></td>
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<td>Stefan Schreiber, Kiel, Germany</td>
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<tr>
<td>16:50 – 17:10</td>
<td><strong>Case 3: Loss of response to anti-TNF in paediatrics</strong></td>
</tr>
</tbody>
</table>

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### Scientific session 9: What’s new on the guideline front?

<table>
<thead>
<tr>
<th>Time</th>
<th>Session/Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>17:10 – 17:50</td>
<td><strong>Vito Annese, Florence, Italy, Tiago Nunes, Munich, Germany</strong></td>
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</tbody>
</table>

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### Scientific session: hearts & minds

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>20:00</td>
<td><strong>ECCO Interaction: Hearts &amp; Minds</strong></td>
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</tbody>
</table>
Educational Programme at ECCO’15

The educational programme of the 10th Congress of ECCO is scheduled prior to the official start of the ECCO Congress and covers activities for ECCO’s different interest groups, including young gastroenterologists, surgeons, paediatricians, IBD nurses and allied health professionals and scientists.

An overview of these activities can be found on the right. Please note that some of these courses/workshops will run in parallel and that some will have a limited capacity – please do register at your earliest convenience.

We look forward to seeing you in Barcelona!
10:00 – 10:30 Coffee break

10:30 – 12:15 Session 2: Interactive case discussion
Lead discussant: James Lindsay, London, United Kingdom

10:30 – 11:15 Case-based discussion: Investigation and management of mild Crohn’s Disease
Case presentation: Tim Raine, Cambridge, United Kingdom
Discussion: Edouard Louis, Liège, Belgium

11:15 – 12:15 Tandem talk: IBD therapeutic targets and drugs: New and old
Yehuda Chowers, Haifa, Israel
James Lindsay, London, United Kingdom

12:15 – 12:45 Lunch break

12:45 – 14:45 Session 3: Seminar session - Part I: Practical skills

12:45 – 13:45 EITHER I.a. Role of bowel ultrasonography in intestinal diseases
Stephan Vavricka, Zurich, Switzerland
Torsten Kucharzik, Lueneburg, Germany

OR I.b. Practical guide to interpreting MRI
Julian Panés, Barcelona, Spain
Jordi Rimola, Barcelona, Spain

OR I.c. Practical guide to endoscopy and IBD
incl. chromo-endoscopy, balloon dilatation and reporting
James East, Oxford, United Kingdom
Pierre Michetti, Lausanne, Switzerland

13:45 – 14:45 EITHER I.a. Role of bowel ultrasonography in intestinal diseases
Stephan Vavricka, Zurich, Switzerland
Torsten Kucharzik, Lueneburg, Germany

OR I.b. Practical guide to interpreting MRI
Julian Panés, Barcelona, Spain
Jordi Rimola, Barcelona, Spain

OR I.c. Practical guide to endoscopy and IBD
incl. chromo-endoscopy, balloon dilatation and reporting
James East, Oxford, United Kingdom
Pierre Michetti, Lausanne, Switzerland

Preliminary programme: 13th IBD Intensive Advanced Course

Thursday, February 19, 2015

08:00 – 10:20 Session 4: Interactive case discussion and lecture session
Lead discussant: Peter Irving, London, United Kingdom

08:00 – 09:00 Case-based discussion: Fistulising & stenosing disease: Medical and surgical approaches
Gerassimos Mantzaris, Athens, Greece
André D’Hoore, Leuven, Belgium

09:00 – 10:00 Case-based discussion: The patient with severe inflammatory Crohn's Disease
Case presentation: Pieter Hindryckx, Ghent, Belgium
Discussion: Laurence Egan, Galway, Ireland

10:00 – 10:20 Discussion

10:20 – 10:45 Coffee break

10:45 – 12:15 Session 5: Special scenarios
Lead discussant: Edouard Louis, Liège, Belgium

10:45 – 11:15 Vaccinations, immunisations and opportunistic infections in IBD - A case-based guide
Jean-François Rahier, Yvoir, Belgium

11:15 – 11:45 Monitoring therapy with drug levels and antibody testing
Peter Irving, London, United Kingdom

11:45 – 12:15 The medical management of Acute Severe Ulcerative Colitis:
Case-based discussion
Simon Travis, Oxford, United Kingdom

12:15 – 12:30 Feedback & closing remarks
Peter Irving, London, United Kingdom
James Lindsay, London, United Kingdom

Note: Optional participation in other educational programme 2015 sessions (16:00 – 18:00)
Separate programme –> separate registration needed
(Y-ECCO Members get a 50% reduction on registration fees)
Basic ECCO: Educational Course for Industry
Wednesday, February 18, 2015

10:30 – 10:35 Welcome
Séverine Vermeire, Leuven, Belgium

10:35 – 13:00 Session 1
Simon Travis, Oxford, United Kingdom

10:35 – 10:50 What is IBD?
Marcus Harbord, London, United Kingdom

10:50 – 11:05 What is the difference between Ulcerative Colitis and Crohn’s Disease?
Stephan Vavricka, Zurich, Switzerland

11:05 – 11:20 Who does it affect?
Tine Jess, Copenhagen, Denmark

11:20 – 11:30 Question time (Q cards)

11:30 – 11:45 What causes IBD?
Andreas Sturm, Berlin, Germany

11:45 – 12:00 How is IBD diagnosed?
Tim Raine, Cambridge, United Kingdom

12:00 – 12:15 What do patients think?
John Mansfield, Newcastle upon Tyne, United Kingdom

12:15 – 12:30 How is care organised?
Ailsa Hart, London, United Kingdom

12:30 – 12:45 What do IBD nurses do?
Lydia White, Oxford, United Kingdom

12:45 – 13:00 Question time (Q cards)

13:00 – 14:00 Lunch

14:00 – 15:30 Session 2
Rami Eliakim, Tel Aviv, Israel

14:00 – 14:15 What are the conventional treatment options?
Edouard Louis, Liège, Belgium

14:15 – 14:30 What is the role of 5-ASA?
Gerassimos Mantzaris, Athens, Greece

14:30 – 14:45 Where do steroids fit in?
Fernando Magro, Porto, Portugal

14:45 – 15:00 Who gets immunomodulators?
James Lindsay, London, United Kingdom

15:00 – 15:15 What about biological therapy?
Laurent Peyrin-Biroulet, Nancy, France

15:15 – 15:30 Is there a role for dietary treatment?
Arie Levine, Tel Aviv, Israel

15:30 – 16:00 Coffee break

16:00 – 17:15 Session 3
Eugeni Domènech, Barcelona, Spain

16:00 – 16:15 When do patients need surgery?
Willem Beemelman, Amsterdan, The Netherlands

16:15 – 16:30 What does surgery mean?
Omar Faiz, London, United Kingdom

16:30 – 16:45 Is surgery a cure?
Gianluca Sampietro, Milan, Italy

16:45 – 17:00 Can post-operative treatment prevent recurrence?
Eugeni Domènech, Barcelona, Spain

17:00 – 17:15 What happens after a pouch operation?
Zuzana Serclova, Prague, Czech Republic
**Preliminary programme: Advanced ECCO: Educational Course for Industry**
Wednesday, February 18, 2015

**14:00 – 14:05** Welcome
Séverine Vermeire, Leuven, Belgium

**14:05 – 14:55** Session 1: Discovery of biomarkers of response in early drug development
Arthur Kaser, Cambridge, United Kingdom
Panel discussion:
- Yehuda Chowers, Haifa, Israel
- Asit Parikh (Takeda), Cambridge, United States
- Sharon O’Byrne (Genentech), San Francisco, United States

**14:55 – 15:45** Session 2: Central endoscopy reading in IBD: Challenges to overcome
Julian Panés, Barcelona, Spain
Panel discussion:
- Simon Travis, Oxford, United Kingdom
- Brian Feagan (Robarts), London, Canada
- Fez Hussain (Quintiles), Manchester, United Kingdom

**15:45 – 16:15** Coffee break

**16:15 – 17:05** Session 3: Standardisation of study protocols – pros and cons
Geert D’Haens, Amsterdam, The Netherlands
Panel discussion:
- Jean-Frédéric Cambes, New York, United States
- Roopal Thakkar (AbbVie), Chicago, United States
- Fabio Cataldi (Pfizer), Cambridge, United States

**17:05 – 17:55** Session 4: Are we ready to abandon placebo in our RCTs? Pros and cons
Silvio Danese, Milan, Italy
Panel discussion:
- Stefan Schreiber, Kiel, Germany
- Elmer Schubel (EMA), Bonn, Germany
- Scott Pleysier (Janssen), Spring House, United States
- Johan Masure (Ferring), St. Prex, Switzerland

**17:55 – 18:00** Closing remarks
Silvio Danese, Milan, Italy

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**Preliminary programme: PIBD Update 2015**
Wednesday, February 18, 2015

**16:00 – 18:00** PIBD Update 2015
Arie Levine, Tel Aviv, Israel
Kaja-Leena Kolho, Helsinki, Finland

**16:00 – 16:05** Welcome & introduction
Arie Levine, Tel Aviv, Israel

**16:05 – 16:25** Assessment and reassessment of paediatric IBD
Richard Russell, Glasgow, United Kingdom

**16:25 – 16:50** MRI for diagnosis and assessment of mucosal healing and damage in Crohn’s Disease
Dan Turner, Jerusalem, Israel

**16:50 – 17:15** Challenges in the diagnosis and management of paediatric IBD - Illustrative cases
Gabor Veres, Budapest, Hungary

**17:15 – 17:40** Strategies for loss of response to biologicals in paediatric IBD
Arie Levine, Tel Aviv, Israel

**17:40 – 18:00** Surgery in paediatric IBD - What you need to know
Kaja-Leena Kolho, Helsinki, Finland
Risto Rintala, Helsinki, Finland

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**Preliminary programme: 8th Y-ECCO Workshop**
Career and job interview workshop – How to sell yourself
Wednesday, February 18, 2015

**16:00 – 16:10** Welcome to Y-ECCO & Course Introduction
Pieter Hindryckx, Ghent, Belgium
Chair: Tiago Nunes, Munch, Germany / Sao Paolo, Brazil

**16:10 – 17:00** Session 1: Application and CV – Dos and Don’ts
Facilitator: Jeffrey Breyer, Barcelona, Spain

**17:00 – 17:50** Session 2: Job interview skills: How to maximise your potential at interviews
Facilitator: Judith Martin, Barcelona, Spain

**17:50 – 18:00** Y-ECCO Abstract Awards
by Y-ECCO Committee

**18:00 – End** Y-ECCO Networking

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**Preliminary programme: Global IBD Forum**
Wednesday, February 18, 2015

**Time:** 18:15 – 19:15
**Responsibility Committee:** Governing Board
**Target audience:** IBD Organisation representatives, ECCO Officers, Corporate Members
**Registration:** Upon invitation
**ECCO Membership 2015 required:** n.a.
**Registration fee:** n.a.
**Preliminary programme:** Will be announced on the ECCO Website shortly

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**Registration fee:**
- Regular/Y-ECCO/IBD nurse Member
  - EUR 80.- (half price for Y-ECCO and IBD nurse Members) incl. 21% Spanish VAT
- Corporate & Non-Corporate Members
  - EUR 500.- incl. 21% Spanish VAT
- Non-Corporate Members
  - EUR 750.- incl. 21% Spanish VAT

**Corporate Members:**
- EUR 500.- incl. 21% Spanish VAT

**Online registration:**
- Max. 50 participants
- Early bird ($80.- half price for Y-ECCO Members and Junior ESGAR Members) incl. 21% Spanish VAT
- Regular/Y-ECCO/IBD nurse Member
  - EUR 80.- (half price for Y-ECCO and IBD nurse Members) incl. 21% Spanish VAT

**Contact:**
EduCom in collaboration with ESGAR
Governing Board

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**Target audience:**
- Physicians
- Surgeons
- Paediatricians

**responsible Committee:**
- ESGAR
- Y-ECCO

**Online registration:**
- (max. 50 participants)
- (half price for Y-ECCO Members and Junior ESGAR Members)

**eCCO Membership 2015 required:**
- Regular/Y-ECCO Member or ESGAR Membership

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**eCCO membership 2015 required:**
- Physicians
- Surgeons
- Paediatricians
- IBD nurses

**Registration:**
- (max. 50 participants)
- (half price for Y-ECCO and IBD nurse Members) incl. 21% Spanish VAT

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**Online registration:**
- (max. 50 participants)
- (half price for Y-ECCO and IBD nurse Members) incl. 21% Spanish VAT
Preliminary programme: 4th S-ECCO IBD Masterclass
Novel strategies around IBD surgery
Thursday, February 19, 2015

08:30 – 08:40 Welcome
Gianluca Sampietro, Milan, Italy

08:40 – 10:05 Session 1:
Preoperative work-up and optimisation of the IBD patient
Zuzana Serclova, Prague, Czech Republic
Janindra Warusavitarne, London, United Kingdom

08:40 – 09:00 The microbiome: How can it affect surgery?
Ronan O’Connell, Dublin, Ireland

09:00 – 09:20 Strictures: Inflammatory or fibrotic
Julién Panés, Barcelona, Spain

09:20 – 09:40 How does modern medical treatment affect surgical strategy?
Oded Zmora, Tel Aviv, Israel

09:40 – 10:05 Challenging case
Michael Powar, Cambridge, United Kingdom

10:05 – 10:30 Coffee break

10:30 – 12:00 Session 2: "The technique"
Ioannis Papaconstantinou, Athens, Greece
Laurents Stassen, Maastricht, The Netherlands

10:30 – 10:50 Early salvage of the leaking ileo-anal anastomosis
Christiianne Buskens, Amsterdam, The Netherlands

10:50 – 11:10 Single port surgery in IBD
Anthony de Buck van Overstraeten, Leuven, Belgium

11:10 – 11:30 Laparoscopy in complex cases
Yves Panis, Clichy, France

11:30 – 12:00 LIRIC (ileo-colic resection vs. anti-TNF)
Joline de Groof, Amsterdam, The Netherlands
ACCURE/PASSiOn (Appendectomy for UC)
Salamoeh Sahami, Amsterdam, The Netherlands

12:00 – 13:00 Lunch break

13:00 – 14:30 Session 3: Controversies in IBD surgery ("mini battles")
Ronan O’Connell, Dublin, Ireland
Emmanuel Tiret, Paris, France

13:00 – 13:30 Resection vs strictureplasties for several short strictures
Gianluca Sampietro, Milan, Italy
Antonino Spinelli, Milan, Italy

13:30 – 14:00 Two stage vs three (or modified two) stage?
André D’Hoore, Leuven, Belgium
Omar Faitz, London, United Kingdom

14:00 – 14:30 IRA vs pouch surgery for medically refractory UC in young women
Laura Beyer-Berjot, Marseille, France
Par Myrelid, Linköping, Sweden

14:30 – 15:50 Session 4: Modern medico-surgical approach
Tom Øresland, Oslo, Norway
Gerhard Rogler, Zurich, Switzerland

14:30 – 14:40 Tissue healing and current biological therapy
Gis van den Brink, Amsterdam, The Netherlands

14:40 – 14:50 Medication and postoperative complications in UC
Willem Bemelman, Amsterdam, The Netherlands

14:50 – 15:00 Medication and postoperative complications in Crohn’s
Paulo Kotze, Curitiba, Brazil

15:00 – 15:15 Discussion

15:15 – 15:25 Postoperative follow up for Crohn’s
Iris Dotan, Tel Aviv, Israel

15:25 – 15:35 Postoperative follow up after colectomy for UC
Dieter Hahnloser, Lausanne, Switzerland

15:35 – 15:50 Discussion

15:50 – 16:20 Coffee break

16:20 – 17:55 Session 5: IBD surgery in children and adolescents
Willem Bemelman, Amsterdam, The Netherlands
Kaija-Leena Kolho, Helsinki, Finland

16:20 – 16:55 Nutritional and medical treatment of IBD in children
Case 1: Ileocecal disease
Richard Russell, Glasgow, United Kingdom
Case 2: Pancolitis
Gábor Veres, Budapest, Hungary
Panel Discussion
Willem Bemelman, Amsterdam, The Netherlands
Kaija-Leena Kolho, Helsinki, Finland
Richard Russell, Glasgow, United Kingdom
Gábor Veres, Budapest, Hungary
Craig Lillehei, Boston, United States
Risto Rintala, Helsinki, Finland

16:55 – 17:15 Type and timing of surgery in paediatric IBD
Craig Lillehei, Boston, United States

17:15 – 17:35 Outcomes of surgical management in childhood IBD
Risto Rintala, Helsinki, Finland

17:35 – 18:00 When does a child with IBD become an adult?
Ailsa Hart, London, United Kingdom

18:00 – 18:30 Closing remarks
Willem Bemelman, Amsterdam, The Netherlands

Responsible Committee: S-ECCO
Target audience: Surgeons, Physicians, IBD nurses
Registration: Online registration
ECCO Membership 2015 required: Regular/Y-ECCO/IBD nurse Member
Registration fee: EUR 150.- (half price for Y-ECCO and IBD nurse Members) incl.
21% Spanish VAT
### 10th Congress of ECCO - Preliminary educational programme

#### Preliminary programme: 9th N-ECCO Network Meeting
**Thursday, February 19, 2015**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>07:30 – 08:30</td>
<td>N-ECCO Network Meeting Satellite symposium</td>
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<tr>
<td>09:00 – 09:15</td>
<td>Welcome &amp; introduction</td>
</tr>
<tr>
<td>Janette Gaarenstroom, Utrecht, The Netherlands</td>
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<tr>
<td>09:15 – 10:35</td>
<td>Session 1: How well can we do it? Quality of Care</td>
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<tr>
<td>Karen Kemp, Manchester, United Kingdom</td>
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<tr>
<td>Lydia White, Oxford, United Kingdom</td>
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<tr>
<td>09:15 – 09:45</td>
<td>IBDS quality standards: Delphi consensus</td>
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<tr>
<td>Xavier Calvet Calvo, Sabadell, Spain</td>
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<tr>
<td>09:45 – 10:15</td>
<td>Tailored communication in compliance</td>
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<tr>
<td>Nienke Ipenburg, Leiden, The Netherlands</td>
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<tr>
<td>10:15 – 10:35</td>
<td>N-ECCO Travel Awards 2014 - Presentation</td>
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<tr>
<td>Henny Tomlow, Maastricht, The Netherlands</td>
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<tr>
<td>10:35 – 11:15</td>
<td>Coffee break</td>
</tr>
<tr>
<td>Lydia White, Oxford, United Kingdom</td>
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<tr>
<td>Karen Kemp, Manchester, United Kingdom</td>
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<tr>
<td>Gijs van den Brink, Amsterdam, United Kingdom</td>
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<tr>
<td>11:15 – 12:00</td>
<td>Diet: To treat or not to treat? Oxford vs Cambridge debate</td>
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<tr>
<td>Tim Raine, Cambridge, United Kingdom</td>
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<tr>
<td>12:00 – 12:30</td>
<td>The IBD and IBS interface</td>
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<tr>
<td>Krisztina Gece, Szeged, Hungary</td>
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<tr>
<td>12:30 – 13:30</td>
<td>Lunch break (self-guided poster round in exhibition hall)</td>
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<tr>
<td>13:30 – 15:00</td>
<td>Session 3: Are we optimising our options? Investigation and interpretation</td>
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<tr>
<td>Palle Bager, Aarhus, Denmark</td>
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<tr>
<td>Nienke Ipenburg, Leiden, The Netherlands</td>
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<tr>
<td>13:30 – 14:00</td>
<td>Laboratory interpretation in IBD</td>
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<tr>
<td>Pieter Hindryckx, Ghent, Belgium</td>
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<tr>
<td>14:00 – 14:30</td>
<td>New biomarkers and their roles</td>
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<tr>
<td>Laurent Peyrin-Biroulet, Nancy, France</td>
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<tr>
<td>14:30 – 14:40</td>
<td>Oral presentation 1</td>
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<td>14:40 – 14:50</td>
<td>Oral presentation 2</td>
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<tr>
<td>14:50 – 15:00</td>
<td>Oral presentation 3</td>
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<tr>
<td>15:00 – 15:30</td>
<td>Coffee break</td>
</tr>
<tr>
<td>15:30 – 16:40</td>
<td>Session 4: What's new? Developments on…</td>
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<tr>
<td>Nienke Ipenburg, Leiden, The Netherlands</td>
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<tr>
<td>Karen Kemp, Manchester, United Kingdom</td>
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<tr>
<td>15:30 – 15:50</td>
<td>Faecal transplantation for UC?</td>
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<tr>
<td>Gys van den Brink, Amsterdam, The Netherlands</td>
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<td>15:50 – 16:10</td>
<td>Stem cell transplantation: Hope or expectation?</td>
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<td>Elena Ricart, Barcelona, Spain</td>
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<td>16:10 – 16:40</td>
<td>Medical therapies around the corner</td>
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<tr>
<td>Gert van Arsche, Leuven, Belgium</td>
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<tr>
<td>16:40 – 17:00</td>
<td>N-ECCO in 2015 and beyond</td>
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<tr>
<td>Janette Gaarenstroom, Utrecht, The Netherlands</td>
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</tbody>
</table>

**Responsibility Committee:** N-ECCO

**Target audience:** IBD nurses – advanced level

**Registration:** Online registration

**ECCO Membership 2015 required:** IBD nurse Member

**Registration fee:** EUR 25.- incl. 21% Spanish VAT

#### Preliminary programme: ECCO-ESGAR Ultrasound Workshop
**Thursday, February 19, 2015**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>07:30 – 07:40</td>
<td>Welcome &amp; introduction</td>
</tr>
<tr>
<td>Séverine Vermeire, Leuven, Belgium</td>
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<tr>
<td>07:40 – 08:40</td>
<td>Introductory lecture</td>
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<tr>
<td>Torsten Kucharzik, Lueneburg, Germany</td>
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<tr>
<td>08:40 – 11:40</td>
<td>Hands-on open space in bowel ultrasonography</td>
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<tr>
<td>Richard Beable, Portsmouth, United Kingdom (ESGAR)</td>
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<td>Norbert Börner, Mainz, Germany</td>
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<td>Emma Calabrese, Rome, Italy</td>
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<tr>
<td>Daniel Dindo, Zurich, Switzerland</td>
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<tr>
<td>Torsten Kucharzik, Lueneburg, Germany</td>
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<tr>
<td>Christian Maaser, Lueneburg, Germany</td>
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<td>Giovanni Maconi, Milan, Italy</td>
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<td>Gerhard Rogler, Zurich, Switzerland</td>
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<tr>
<td>Merel Schneukrogel, The Hague, The Netherlands (ESGAR)</td>
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<tr>
<td>Stephan Vavricka, Zurich, Switzerland</td>
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<tr>
<td>11:40 – 12:00</td>
<td>Question &amp; answer session</td>
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<tr>
<td>12:00 – 12:15</td>
<td>Concluding remarks</td>
</tr>
<tr>
<td>Torsten Kucharzik, Lueneburg, Germany</td>
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<tr>
<td>Stephan Vavricka, Zurich, Switzerland</td>
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**Responsibility Committee:** EduCom in collaboration with ESGAR

**Target audience:** Physicians, Surgeons, Paediatricians

**Registration:** Online registration (max. 50 participants)

**ECCO Membership 2015 required:** Regular/Y-ECCO Member or ESGAR Membership

**Registration fee:** EUR 80.- (half price for Y-ECCO Members and Junior ESGAR Members) incl. 21% Spanish VAT

#### Preliminary programme: 4th ClinCom Workshop
**Thursday, February 19, 2015**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>08:00 – 08:35</td>
<td>Welcome &amp; introduction</td>
</tr>
<tr>
<td>Laurent Peyrin-Biroulet, Nancy, France</td>
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<tr>
<td>08:35 – 09:55</td>
<td>Session 1: What’s next in IBD drug development?</td>
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<tr>
<td>Alessandro Armuzzi, Rome, Italy</td>
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<tr>
<td>08:35 – 08:55</td>
<td>Are pre-clinical data useful?</td>
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<tr>
<td>Gys van den Brink, Amsterdam, The Netherlands</td>
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<tr>
<td>08:55 – 09:15</td>
<td>Which questions can be addressed by proof of concept studies?</td>
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<tr>
<td>Vipul Jairath, Oxford, United Kingdom</td>
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<tr>
<td>09:15 – 09:35</td>
<td>Active comparators – End of placebo?</td>
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<tr>
<td>Daniela Melchiori, Rome, Italy</td>
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<tr>
<td>09:35 – 09:55</td>
<td>IBD drug development: A business model?</td>
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<td>Brian Peagars, London, Canada</td>
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<td>Session 2: Registries – How reliable are they?</td>
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<td>Ailsa Hart, London, United Kingdom</td>
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<td>10:30 – 10:50</td>
<td>Regulatory Agency’s point of view</td>
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<td>Krisus Gottlieb, Rockville, United States</td>
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<td>10:50 – 11:10</td>
<td>How to build a registry – From Cesame to iCare</td>
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<td>Laurent Beaugerie, Paris, France</td>
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<td>11:10 – 11:30</td>
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<td>Tine Jess, Copenhagen, Denmark</td>
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<td>What have we learned? Critical appraisal from regulator-imposed registries</td>
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<td>Barrett Levesque, San Diego, United States</td>
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**Responsibility Committee:** ClinCom

**Target audience:** Physicians, Surgeons, Paediatricians, Clinical researchers, Industry

**Registration:** Online registration

**ECCO Membership 2015 required:** Regular/Y-ECCO/IBD nurse Member

**Registration fee:** EUR 80.- (half price for Y-ECCO and IBD nurse Members) incl. 21% Spanish VAT
Interview with Laurence Egan, JCC Editor-in-Chief

ECCO’s own Journal of Crohn’s and Colitis recently saw a change in the editorial board, as Miquel Gassull stepped down as Editor-in-Chief after seven years in office and Laurence Egan (LE), from Ireland, took over. ECCO News has therefore interviewed Laurence Egan about his new role and his objectives for the coming years.

What was your motivation for taking up the position?
LE: I was motivated to take up the position of Editor-in-Chief of JCC because I believe in the ECCO Mission. As well as that, the opportunity to work closely with such a great team of associate editors, publishing house staff and staff in the ECCO Office proved irresistible. The Journal of Crohn’s and Colitis has grown to become a key international publication relied upon by healthcare professionals caring for patients with Inflammatory Bowel Diseases. In JCC, we publish ECCO Guidelines, up-to-date review articles written by top authors and influential research publications addressing all aspects of IBD. As such, JCC has become a very important part of ECCO and represents one of the key benefits of individual membership in ECCO. For these reasons, I was delighted to take over the editorship of JCC in February 2014.

As the new Editor-in-Chief, what is your main objective in your election period?
LE: My key objectives are to build on the outstanding foundation put in place by the previous editors, Miquel Gassull and Eduard Cabré, to further enhance the effectiveness of the journal as a publication in which top authors publish their research findings and to further spread the geographic reach of the journal. In the remainder of my five years as Editor-in-Chief of JCC, I shall strive every day to make the journal a more attractive place for the top authors to submit their work. This will...
The Impact of Age at Onset of Disease: Epidemiological Data (Focus Paper)

Inflammatory Bowel Disease (IBD) occurs mostly in young adulthood even though paediatric and elderly patients are increasingly affected.

The determinants of age of IBD onset remain unexplained. IBD represents a heterogeneous group of diseases with similar final phenotypes but different causes. There is ongoing debate as to whether paediatric-onset disease represents a different entity compared with that in older patients. In paediatric-onset disease, genetic factors seem to play a greater role, particularly in some
specific cases, while in elderly-onset disease environmental factors are more influential. Recently the importance of age at onset was reported in two population-based cohort studies from France and Hungary including both paediatric- and adult-onset inception cohorts [1–5].

The occurrence of IBD seems to be increasing worldwide. Within the paediatric population the incidence of Crohn’s Disease (CD) has risen significantly, while most studies have reported a stable incidence of Ulcerative Colitis (UC). With an ageing population and the aforementioned rising global incidence of IBD, the rate of elderly-onset IBD is expected to increase accordingly.

IBD presentation and natural course are strikingly different according to age at onset of symptoms, with disease extension occurring more frequently in paediatric-onset IBD than in adult- and elderly-onset IBD. In paediatric CD, the most frequent location at maximal follow-up remains the ileocolonic distribution, and the changing pattern is characterised by an extension of the digestive involvement, including upper gastro-intestinal involvement, and in addition complicated disease behaviour. In paediatric UC half of patients will present a colonic extension during the 5 first years of the disease course. In adult- and elderly-onset IBD, the natural history of disease seems less aggressive. It can therefore be concluded that the age of onset of IBD has an important influence on the natural course of these diseases.

Given this fact, the therapeutic strategy differs significantly according to age at onset, with earlier and more prevalent use of immunosuppressants (IS) and to some extent biologicals in paediatric-compared with elderly-onset patients, especially in those with CD. Recent data indicate that up to 65% and 40% of patients with paediatric-onset CD may be exposed to IS and biologicals within 5 years of diagnosis [6], as compared with 20–30% and less than 10%, respectively, in the elderly-onset group. The above changes can be at least partially explained by the recent advances in patient management strategy.

The results of population-based studies on the impact of age on surgery rate in CD and also UC are conflicting. While some studies suggest a lower surgical risk in elderly-onset disease compared to younger patients, others show no difference. There is a need for more studies of unselected cohorts specifically focussing on impact of age on disease course and prognosis with regard to surgery. Moreover, the influence of current treatment on operation rate should be evaluated.

The risk of colorectal cancer (CRC) increases in patients with IBD but not by as much as previously reported and not in all patients. The risk of CRC is significantly higher in patients with longer disease duration, extensive disease, and IBD diagnosis at a young age.

Among unselected patients with IBD, overall mortality has been found to be slightly but significantly higher than in the general population but meta-regression analysis has revealed no significant impact of age at diagnosis of IBD on mortality.

In conclusion, many differences between paediatric-, adult- and elderly-onset IBD have been identified that indicate the heterogeneity of disease according to age of onset.

It has been shown that early-onset IBD does differ from late-onset IBD in terms of epidemiology, clinical characteristics, natural history, cancer risks and therapeutic strategies. The disease heterogeneity with regard to the change in disease pattern and behaviour appears to suggest that different pathways lead to diverging phenotypes according to age of onset. However, differences in the clinical approach, including treatment guidelines and strategies, between paediatric and adult gastroenterologists also influence disease course and may contribute to the observed differences.

References

CORINNE GOWER-ROUSSEAU
EpiCom Member
Falk Symposia and Workshops

Where medicine and pharmaceuticals meet – a tried and trusted link

Falk Symposium 199 (Part I)
Highlights from Hepatology 2015: From Chronic Hepatitis to Hepatocellular Carcinoma
October 14 – 15, 2015

Falk Symposium 200 (Part II)
Therapeutic Strategies in Diseases of the Digestive Tract – 2015 and Beyond
October 16 – 17, 2015

Falk Workshop
Viral Hepatitis – From Bench to Bedside
Munich, Germany
January 29 – 30, 2015

Falk Symposium 196
Critical Evaluation of Current Concepts and Moving to New Horizons in the Management of IBD
Frankfurt, Germany
March 6 – 7, 2015

Falk Symposium 197
Autoimmune Diseases of the Liver
Lisbon, Portugal
May 8 – 9, 2015

Falk Symposium 198
IBD: East Meets West
Shenzhen, P. R. China
September 11 – 12, 2015

VIII Falk Gastro-Conference
Freiburg, Germany
October 14 – 17, 2015

Falk Workshop
Workshop on Gastrointestinal GVHD
Regensburg, Germany
November 13 – 14, 2015

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Outcome of the 4th Scientific Workshop on Intestinal Fibrosis

Mechanisms, Imaging Modalities and Therapeutic Perspectives

The Scientific Workshop SWS4: "Intestinal Fibrosis: Mechanisms, Imaging Modalities and Therapeutic Perspectives", initiated by SciCom and the Governing Board of ECCO in 2012, was split into three subgroups and subtopics to cover the whole spectrum of IBD-associated intestinal fibrosis. Working group 1 focussed on the pathophysiology of intestinal fibrosis in IBD. The head of the working group was Giovanni Latella from Rome, Italy and the steering committee member was Gerhard Rogler from Zurich, Switzerland. Working group 2 focussed on markers of intestinal fibrosis. Leader of the working group was Florian Rieder from Cleveland, Ohio and steering committee member was Iris Dotan from Tel Aviv, Israel. Working group 3 focussed on the prevention of fibrosis and therapy of fibrosis. Leader of the working group was Miquel Sans from Barcelona, Spain and steering committee member was Pierre Desremeaux from Lille, France.

From the outset all three working groups aimed not only to conduct a critical review of the literature and to write a comprehensive review on the topic, but also to initiate new research projects to be shared between the group members. An exchange of experience and data was envisioned and has been successfully implemented. For example, researchers from Lille came to Zurich to present data and discuss collaborations and vice versa. Sylvia Speca from Giovanni Latella’s group now works in Pierre Desremeaux’s lab to exchange ideas and knowledge.

Working group 1 has already published a paper entitled “Results of the 4th scientific workshop of the ECCO (I): Pathophysiology of intestinal fibrosis in IBD;” first authored by Giovalli Latella and last authored by Ian Lawrence, in the Journal of Crohn’s and Colitis (JCC) (April 11, 2014). Similarly, working group 2 has published a review on “Results of the 4th scientific workshop at the ECCO (II): Markers of intestinal fibrosis in Inflammatory Bowel Disease”, first authored by Florian Rieder and last authored by Iris Dotan. It was also published in the JCC (April 9, 2014).

In addition, working group I has put together a second manuscript that is presently submitted, covering aspects that could not be included in the limited space in the JCC article. These reviews have stimulated intensive exchange between the researchers and have led to the initiation of common research projects. Research on intestinal fibrosis has also been supported by a grant from DigestScience that induced a very competitive application. The application by Florian Rieder and Claudio Fiocchi was top scored by the reviewers, so they received this prestigious research grant for the advancement of fibrosis research during the last ECCO’14 Copenhagen Congress. This will further support intestinal fibrosis research within ECCO, will advance the field and will ultimately deliver benefits to our patients.

The efforts of ECCO to support fibrosis research have also gained the attention of the industry, leading to a new multicentre trial supported by Genentech and Roche which will investigate new MR protocols to quantify intestinal fibrosis finally being used as endpoints in clinical trials on the prevention of fibrosis. The definition of new clinical endpoints is mandatory for the performance of successful clinical trials in the field of fibrosis in IBD. We are happy that the SWS4 efforts have contributed to the initiation of this large multicentre trial. The first patients will be included by August or September.

In summary, the ECCO Scientific Workshop SWS4 “Intestinal Fibrosis: Mechanisms, Imaging Modalities and Therapeutic Perspectives” has not only led to an intensive literature review and to excellent overview manuscripts on the topic. It has also stimulated research, led to an exchange of researchers between labs and even resulted in the initiation of new diagnostic trials for the detection of fibrosis that will certainly advance our knowledge and ability to monitor fibrosis in patients with Crohn’s Disease. This outstanding outcome of ECCO’s SWS4 will encourage participants of future scientific workshops to follow this path.

Update on ECCO CONFER Cases

The ECCO CONFER Cases project, which aims to identify and gather extremely rare IBD cases from the entire ECCO Community, is reaching the final stages of its first round. Four projects were initially selected from the 18 proposed by ECCO Members and the ECCO Community was then invited to report any similar cases that they had encountered.

Three of the projects have surpassed the predetermined required number of similar cases:

- Optic neuritis associated or not with TNF antagonists in patients with IBD: 13 cases were identified across the ECCO Community and submitted to the PIs Benjamin Alexandre and Konstantinos Katsanos.
- Cogan syndrome in patients with IBD: 22 cases were identified and submitted to the PIs Stephan Vavricka and Jean-François Rahier.
- Cerebral vascular events (CVA/TIA) during anti-TNF treatment: 20 cases were identified and submitted to the PIs Konstantinos Karmiris and Shomron Ben-Horin.

The number of cases identified through this joint effort of the ECCO Community significantly exceeds the number of these rare cases which was available in the IBD literature (mostly in the form of single case reports) until CONFER. Thus, it is hoped that the CONFER project will enhance our knowledge on these extremely rare cases, their aetiopathogenesis and possible management. The case data received for each of the three topics are now being analysed to produce a joint report in the form of a manuscript which will be drafted in collaboration with the contributing doctors.

In parallel, CONFER is getting ready to launch the next call for proposal of projects/topics. So, if you have encountered an extremely rare IBD case with possible implications for management and/or for increased understanding of IBD pathogenesis, and if you want to try to collect similar cases from the entire ECCO Community, then watch out for the soon to be published call for the second round of CONFER cases!

SHOMRON BEN-HORIN
ECCO CONFER Cases Taskforce
ECCO Fellowship Study Synopses

The Effect of Vitamin D on the Intestinal Microbiome in Inflammatory Bowel Disease

Dysbiosis is a recognised feature of IBD and is likely to play a role in pathogenesis and perpetuation of inflammation in patients with IBD. Vitamin D has been shown to regulate antimicrobial peptide production. It is therefore plausible that vitamin D supplementation in patients with Ulcerative Colitis (UC) directly or indirectly alters the gut microbiomal profile.

Aim of the research project
To explore the effect of supplementation with vitamin D on the intestinal microbiomal profile in patients with UC.

Methodology
In this 12-week study, the effect of targeted vitamin D supplementation, from a baseline of <50 nmol/L to 100–125 nmol/L, on the intestinal microbiomal profile will be compared in healthy controls (n=10) and patients with inactive (n=10) or active UC (n=10).

Clinical data, blood and urinary tests, and faecal specimens will be collected to evaluate efficacy, safety and co-morbid illnesses throughout the trial. Faecal-associated microbiome composition analysis will be performed by metagenomic sequencing, including relative quantification of populations of butyrate-producing bacteria in cluster IV (Clostridium leptum and Faecalibacterium prausnitzii) and cluster XIV (Clostridium cocoides and Roseburia spp.), lactic acid bacteria (lactobacilli and bifidobacteria) and mucus-associated bacteria (Akkermansia muciniphila, Ruminococcus gravis and Ruminococcus torques), as well as Fusobacterium nucleatum and E. coli.

The primary endpoint will be change in phylotype richness and similarity from week 0 to week 12 in the two groups, and change in the proportion of specific bacterial groups as outlined above. Secondary endpoints will be change in calprotectin, 25(OH)D, symptoms and adverse effects.

If a significant effect on faecal-associated microbiome and reduction in faecal calprotectin are demonstrated in the above study, a second study will be undertaken to evaluate whether any differences are due to a direct effect of vitamin D or non-specifically due to change in inflammation. In this pilot study, patients with mild to moderately active UC already treated with up to 2.4 g oral 5-aminosalicylic acid (S-ASA) agent daily will be randomised to receive either targeted vitamin D supplementation or an increased dose of 5-ASA, up to 4.8 g (as a specific conventional therapy), allowing for rescue therapy, over 12 weeks.

Proposed timing
Patient recruitment is soon to commence, and it is anticipated that it will be completed by March 2015, with pre-specified preliminary data analysis in January 2015. The second study, depending on findings of the initial study, will commence in February 2015 with an anticipated completion date of December 2015.

Investigating mechanisms of primary non-response to anti-TNFα therapy in patients with Inflammatory Bowel Disease

Fellowship Awardee: Konstantinos Papamichail
Supervisors: Sélérine Vermeire and Ann Gils
Institution: Department of Gastroenterology and Experimental Medicine, KU Leuven, Belgium

Aim of the research project
Anti-TNF therapy has been proven to be effective for the treatment of Inflammatory Bowel Disease (IBD). Nevertheless, 10–40% of patients fail to respond to induction therapy, a phenomenon well known as primary non-response (PNR). The mechanisms underlying PNR are not yet fully understood although pharmacokinetic or pharmacodynamic problems seem to be involved. The main objective of this project is to investigate the mechanisms of PNR to anti-TNF therapy in IBD patients with the aim of improving prevention and personalised treatment options.

Methodology
Serum trough concentrations of infliximab and adalimumab determined during the induction therapy (in house, clinically validated, solid-phase ELISA) in IBD patients will be related to their primary (non)response to therapy (concentration–effect relationship) based on clinical, biological and endoscopic data. Anti-drug antibodies will also be measured (Prometheus HMSA) in order to investigate the role of early induced immunogenicity in PNR. Pharmacokinetic issues due to high non-immune clearance related to genetic factors and/or high disease burden will be investigated by determination of serum baseline TNF levels (Prometheus Laboratories) and mutations of genes including TNF, TNFR and FcyR. To investigate pharmacodynamic problems, as inflammation may be driven by a non-TNF pathway in patients with PNR, immunological profiling will be performed as well as mucosal gene expression studies (Affymetrix Arrays, qRT-PCR).

Proposed timing
The majority of drug trough concentrations have already been measured, while serum samples have been shipped to Prometheus Laboratories by the end of August 2014. Phenotypic data are currently being extracted from an electronic database and genotyping of the majority of the patients has already finished, while mucosal gene expression studies will be performed during the next 3–4 months. Results are expected in 2015 and will be submitted to ECCO.
Transitioning Adolescent Patients with IBD from Paediatric to Adult Care

Previous studies have shown that the phenotype of IBD presenting in adolescence differs from that in adult-onset disease by virtue of a more extensive distribution involving the upper gastrointestinal tract in Crohn’s Disease, a higher rate of pancolitis that more frequently necessitates colectomy in patients with Ulcerative Colitis and a more frequent need for immunosuppressive therapy.

In addition, young patients with IBD will suffer 60–70 years of IBD with a higher life-time risk of cancer and disability and a higher rate of surgery. Moreover, there are well-known differences in the care of paediatric- and adult-onset IBD. The paediatric patient remains the focus of particular attention, has special issues (nutrition, growth, puberty), is accompanied by parents and requires general anaesthesia when endoscopy is performed. Patients with adult-onset disease, by contrast, are one subset of patients with severe illness and the focus is on surveillance and detection of malignancies.

Bearing this in mind, it has been recommended that adolescents with IBD, who are in a transitional life period, should be treated in a transition clinic that pays due attention to the process of transition to adult care. Generally, in this context “transition” is defined as the planned movement of adolescents with chronic physical and medical conditions from a child-oriented to an adult-oriented healthcare system. In contrast, “transfer” indicates merely the actual move from a paediatric to an adult health care system. Unfortunately, however, the ideal model of transition programme and clinic has not yet been established.

Crowley et al. conducted a systematic review of the evidence regarding the effectiveness of transition programmes in young people aged 11–25 years with chronic illness in order to identify their successful components [1]. Ten studies met the inclusion criteria, of which six showed significant improvements in outcomes, all in patients with diabetes mellitus (better HbA1c levels and fewer acute and chronic complications). The authors concluded that the best strategies are patient education and specific transition clinics, which may be either young adult clinics within adult services or clinics jointly staffed by adult and paediatric physicians.

Compared with diabetes mellitus, fewer data are available regarding successful transition in cases of IBD. Benchimol et al. conducted a cross-sectional assessment of knowledge in paediatric patients (14–18 years) with IBD and their parents [2]. Patients and parents correctly identified disease characteristics and listed medications. However, neither patients nor parents accurately identified disease location or previous investigation results. Multivariate regression analysis showed that IBD-U (type unclassified) patients were more likely to know of their diagnostic classification. In addition, older patients were less likely to recall whether they had undergone a small bowel X-ray.

Hait et al. explored the perspectives of adult gastroenterologists (i.e. gastroenterologists for adult patients) who were caring for adolescents and young adults with IBD with the goal of improving preparation for transition. The adult gastroenterologists reported that adolescent IBD patients often had deficits in knowledge relating to medical history (55%) and medical regimens (69%). In addition, these gastroenterologists were less worried about the ability of adolescents to attend offices alone (15%) or about performing endoscopic procedures under conscious sedation (13%). Other data similarly show clearly that educational programmes and skills training are needed for the adolescent patients, parents and adult gastroenterologists. The transition process is also a family issue, and the parents should be ready for the transfer, too. In addition, adult gastroenterologists should be well informed at the time of transfer. In the aforementioned study, 51% of adult gastroenterologists reported receipt of inadequate information from paediatric gastroenterologists at transfer.

There are three main levels of interventional measure in the transition process:

- Measures focussing on patients and/or parents (educational programmes, skills training)
- Measures relating to the medical team (named transition co-ordinators, joint clinics run by paediatric and adult gastroenterologists)
- Service delivery measures (separate young adult clinics, out-of-hours phone support, enhanced follow-up)

To date, there have been no prospective, large-scale studies to compare the outcomes in adolescent patients with IBD according to whether or not they have participated in a transition programme. However, the available data clearly support the ECCO Guidelines’ recommendation for transition clinics. At the Erasmus MC-Sophia Children’s Hospital, Rotterdam, a transition clinic located in the adult department was started in 2006 for IBD patients aged 14–18 years [4]. Adolescent patients are seen by both the paediatric and the adult gastroenterologist at the first visit, and then once yearly. At all other visits, the paediatric gastroenterologist sees the patient alone. Based on this setting, a good correlation was described between the number of visits to the transition clinic and age of the adolescent patient and the readiness of the patient for transition.

In addition to this Rotterdam protocol (i.e. combined yearly visits at least 4 times from 14 to 18 years, with the patient seen by a paediatric gastroenterologist at other visits), the following further options/protocols have been proposed for adolescent patients with IBD:

- Sending the adolescent patient to an adult gastroenterologist (transfer, not recommended)
- Only one combined final visit involving both a paediatric and an adult gastroenterologist
- Alternating visits (2–4 times) starting around the age of 16 years

It is also to be noted that age at transition differs among countries. In Europe and Canada, transfer usually takes place by the age of 18. In the United States, however, adolescent patients may stay on parental insurance until the age of 26.

In summary, transition is a key component of the care of adolescent patients with IBD. Existing evidence supports the benefits of educational programmes and joint paediatric–adult clinics. However, future studies are clearly needed to elucidate which programmes are optimal and when they should be implemented.

References

Single port laparoscopic IBD surgery

See article on page 1055
REVIEW PAPERS

Nanotechnology in the treatment of inflammatory bowel diseases
A. Viscido, A. Cappannolo, G. Latella, R. Caprilli, G. Frieri

Improving quality of care in inflammatory bowel disease: What changes can be made today?

Treating beyond symptoms with a view to improving patient outcomes in inflammatory bowel diseases

REGULAR PAPERS

Lipoprotein-associated phospholipase A2 and arterial stiffness evaluation in patients with inflammatory bowel diseases

Mindfulness-based therapy for inflammatory bowel disease patients with functional abdominal symptoms or high perceived stress levels
J.W. Berrill, M. Sadlier, K. Hood, J.T. Green

Mortality and extraintestinal cancers in patients with primary sclerosing cholangitis and inflammatory bowel disease

Diagnostic delay in a French cohort of Crohn’s disease patients
S. Nahon, P. Lahmek, B. Lesgourgues, C. Poupardin, S. Chaussade, L. Peyrin-Biroulet, V. Abitbol

Once versus three times daily dosing of oral budesonide for active Crohn’s disease: A double-blind, double-dummy, randomised trial

A large-scale, prospective, observational study of leukocytapheresis for ulcerative colitis: Treatment outcomes of 847 patients in clinical practice

Bolus administration of steroid therapy is more favorable than the conventional use in preventing decrease of bone density and the increase of body fat percentage in patients with inflammatory bowel disease
K. Farkas, A. Bálint, Z. Valkusz, Z. Szepes, F. Nagy, M. Szücs, R. Bor, T. Wittmann, T. Molnár

Full content available online (www.ecco-jccjournal.org; ECCO Members: Login at www.ecco-ibd.eu and click on “JCC Online Access”)
Interview with Regulators

Elmer Schabel (ES) works for BfArM (Federal Institute for Drugs and Medical Devices) in Germany and is a member of the Scientific Advice Working Party (SAWP) and Chair of the Gastroenterology Drafting Group (both working groups of the European Medicines Agency’s Committee for Medicinal Products for Human Use). Elmer Schabel has been interviewed by Alessandro Armuzzi (ClinCom Member).

Introduction to the European Medicines Agency

ES: The European Medicines Agency, or EMA, is the central regulatory agency for medicinal products of the European Union, located in London. The Agency is responsible for the scientific evaluation of medicines developed by pharmaceutical companies for use in the European Union. It began operating in 1995.

The EMA takes responsibility for the marketing authorisation and safety monitoring of medicines, “referrals” (resolving issues of safety or, more generally, the benefit-risk balance during the “life cycle” of a medicinal product), inspections, and a couple of other aspects associated with the “centralised evaluation” of issues relating to medicinal products.

A large part of the EMA’s scientific evaluation work is carried out by its scientific committees, which are composed of members from EEA countries, as well as representatives of patient, consumer and healthcare professional organisations. For human medicinal products, the prominent committees are those responsible for licensing (CHMP: Committee for Medicinal Products for Human Use), for pharmacovigilance (PRAC: Pharmacovigilance Risk Assessment Committee), for paediatric medicines (PDCO: Paediatric Committee) and for orphan medicinal products (COMP).

The input to the committees comes to a great extent from the huge network of over 4,500 European experts, who are also organised into working parties and other groups, including ad hoc assessment teams.

Besides the EMA, there are, of course, many (40) national competent authorities also working within the European regulatory network, to which my own employer, the German BfArM (Federal Institute for Drugs and Medical Devices) also belongs.

My contribution to this network currently consists in the clinical assessment of marketing authorisation applications (or “referrals”) as part of the assessment teams: I am a member of the Scientific Advice Working Party (SAWP, the group responsible for providing scientific advice to applicants before, during and after licensing, and also responsible for the qualification of biomarkers) and Chair of the Gastroenterology Drafting Group (both this group and SAWP are working groups of the CHMP).

What have been your main regulatory activities in the field of IBD during the last decade?

ES: Being employed by a national competent authority and working in one of the licensing divisions of the BfArM first of all involves all activities associated with marketing authorisation (new approval, renewal, variations, advice) of nationally or decentrally licensed medicinal products (those products not dealt with by the EMA). This concerns most of the older products used in IBD, such as corticosteroids, mesalazine (and related substances) and immunosuppressants. I have not, however, been directly involved in the licensing of any of the biological agents introduced during the last decade.

Within the SAWP, I usually take responsibility for provision of advice to companies on the clinical development plans in the field, including those relating to all sorts of substances and also the more rare conditions such as microscopic colitis or pouchitis.

The Gastroenterology Drafting Group is the body responsible for the drawing up of regulatory guidance documents that set the standards for the clinical part of development programmes in IBD (UC and CD). The two available guidance documents were last updated in 2007–9, and we are currently planning to revise them again.

What do you expect from ECCO?

ES: First of all, ECCO is the organisation that keeps me scientifically updated, either through their publications or via participation in the yearly congresses or other scientific meetings.

In the last two years, ECCO has invited me to speak at the annual meeting within the ClinCom Workshop, which has provided the opportunity for a valuable exchange of views on the topics under discussion (trial design in IBD and biosimilars).

Further potential fields of co-operation could involve the provision by ECCO of regulators with expertise on an ad hoc basis and, of course, collaboration in the development or revision of the IBD drug development guidelines.

With regard to co-operation, the presidency of ECCO has indeed offered, of their own accord, to help with any potential issues, including the development of our guidelines, which is rather exceptional and very much welcomed.

What are the next steps in IBD clinical trials?

ES: As mentioned above, the current guidelines will undergo a further revision in the near future. Initially the revision was intended to address the paediatric parts of the guideline, but it has now been recognised that revision of the adult parts will also be necessary, not least because our American counterparts have already set new standards in IBD trials.

Because these guidelines define the requirements for future clinical trials in IBD, it will be important to develop the guidelines carefully and in co-operation with all stakeholders, including ECCO.

The tendency to abandon clinical indices as primary endpoints in favour of endoscopy-based endpoints will have to be taken fully into account. Also, as mentioned, there is currently a discrepancy in the requirements for clinical trials from the FDA and the EMA, which will have to be addressed.

The plan is also to re-address the principal goals of therapy, dividing the treatment aims into “bringing into remission” and “maintaining remission”.

Where do you think ECCO can help you?

ES: I think that during the last two years ECCO has already taken the first steps to engage in satisfactory co-operation and exchange, and I think I have identified the potential topics for interaction. This co-operation should be continued in future years, and co-operation in further areas can, of course, be developed on an ad hoc basis.

ALESSANDRO ARMUZZI
ClinCom Member

13th IBD Intensive Advanced Course
February 18-19, 2015

The IBD Intensive Advanced Course takes place over 1.5 days on Wednesday 18 and Thursday 19 February, 2015 before the start of the main ECCO Congress.

This highly popular course is now in its 13th year and, based on the success of previous courses, will follow a similar format, covering the core curriculum by means of a variety of formats including lectures, interactive case discussions and seminars. Active participation of the attendees in the discussion is integral to the success of the course and is facilitated by a relaxed and friendly atmosphere.
in which attendees from European countries and the rest of the world are encouraged to interact.

The faculty is carefully chosen not just for their expertise in the areas in which they are invited to speak, but also for their ability as educators. The course covers a wide curriculum, including cutting-edge science as well as advanced clinical practice, and also allows participants to choose areas of particular interest to focus on.

Whilst the course has always received positive feedback, the members of the Education Committee of ECCO pay keen attention to suggestions for improvement and have therefore included the following amendments to the course:

- An increase in the number and choice of seminar sessions covering topics including: Ultrasonography in IBD, MRI in IBD, endoscopy in IBD, pregnancy in IBD and complications associated with anti-TNF use in IBD.

ECCO-ESGAR Imaging Workshops at the 10th ECCO Congress in Barcelona 2015


Imaging techniques such as MRI and transabdominal ultrasound are extremely important for accurate diagnosis and follow-up of patients with Inflammatory Bowel Disease. They are also required for detection of complications such as fistulas, stenoses or abscesses. Even though CT has a similar accuracy to MRI and ultrasound as an imaging tool in IBD, it is much less used for reasons of radiation safety. The use of imaging techniques in IBD has recently been summarised in imaging guidelines developed by ECCO and ESGAR. In most countries, MRI and ultrasound are usually performed by radiologists rather than by gastroenterologists themselves. However, gastroenterologists increasingly regard it as important to interpret MRI scans on their own or to perform ultrasound by themselves as this markedly improves guidance of their patients.

During the last ECCO Congress in Copenhagen, the first ECCO Workshop on Bowel Ultrasound was held. This practical hands-on workshop was organised by EduCom in conjunction with colleagues from ESGAR, the European Society for Gastrointestinal and Abdominal Radiology. The workshop was a great success and was very well received by all participants. Because of the excellent feedback from all participants, ECCO is going to continue with the educational workshop activities in ultrasound. In addition, the activities on MRI education will be extended. Two workshops will thus be held in Barcelona: The ECCO-ESGAR MRI Workshop on the Wednesday afternoon and the ECCO-ESGAR Ultrasound Workshop on the Thursday morning, just before the ECCO Congress.

The goal of the Imaging Workshops is to introduce IBD specialists with little or no experience in the two imaging techniques to bowel ultrasound and interpretation of MR images. At the end of the Ultrasound Workshop, participants will be able to localise and characterise inflammatory activity within the small and large bowel of IBD patients. Participants in the MRI Workshop will be able to determine the quality of MR images and to interpret MR images of CD patients. Both upcoming workshops will help to translate ECCO-ESGAR Imaging Guidelines into clinical practice.

The Wednesday workshop will exclusively focus on MRI. MRI specialists from ESGAR will give introductory talks on four different topics including “imaging protocol in MRI,” “assessment of disease activity,” “complications” and “peri-anal disease”. Case discussion after the talks on several workstations will then enable the participants to apply the theoretical knowledge to real cases. Tutors from ESGAR will help to interpret the MR images.

The Ultrasound Workshop on the Thursday will again offer a hands-on element. Every participant will rotate between nine different workstations to learn ultrasound pathologies from nine different cases of CD and UC. Participants will be guided by tutors from ECCO and ESGAR who are specialists in bowel ultrasound. Participants will have access to ultrasound simulators where volumes of IBD pathologies have to be reproduced and evaluated and will also be able to examine real IBD patients. At one workstation a model for anal ultrasound will also be included for the first time at the upcoming workshop.

Be sure to register in time for these outstanding Imaging Workshops at the ECCO Congress in Barcelona 2015 as only 50 spaces are available for each course. We are looking forward to seeing you in Barcelona in 2015.

9th N-ECCO Network Meeting

N-ECCO’s 9th Network Meeting convenes in sunny Barcelona on February 19, 2015. Nurses with an interest in IBD from throughout Europe and beyond are warmly invited to participate in this excellent networking and educational opportunity.

Nurses are in daily contact with IBD patients and are often their first port of call. Because of this close contact, quality issues are often first raised with nurses. Increasing attention is being paid to how quality can be monitored, especially in these times of austerity for many countries and their health systems. Therefore, by popular consensus the programme this year will start by devoting some time to quality issues in IBD. Our hope is that this will remain the backdrop for the day as the programme moves forward to explore practical issues, new developments in monitoring IBD and novel therapies.

The main N-ECCO Network Meeting will run throughout the day on Thursday but there are other opportunities for IBD nurses not to be missed:

- The 6th N-ECCO School for nurses will run on Wednesday, February 18, 2015. This programme is aimed at those who are new to the field. It is

The Surgeons of ECCO (S-ECCO) IBD Masterclass is an annual scientific forum for professional discussion on surgical aspects of the treatment of patients with Inflammatory Bowel Diseases.

The masterclass is held within the framework of the annual Congress of ECCO, allowing participating surgeons also to register for the main conference and to interact with other professionals, mainly gastroenterologists, who care for IBD patients. This unique meeting is attracting an increasing number of surgeons from around the globe each year.

This year the 3rd S-ECCO IBD Masterclass was held in Copenhagen, Denmark, on February 19–20, 2014. Nearly 200 surgeons from 39 countries participated in the Masterclass, which focussed on fistulising Crohn’s Disease (CD). Scientific sessions included discussions on diagnostic methods, preoperative optimisation, the effect of biological medications and surgical techniques for the treatment of both abdominal and peri-anal fistulising Crohn’s Disease. Each topic was discussed from several points of view, which led to detailed and stimulating discussions. Large numbers of participants expressed their great satisfaction at the high level of the scientific content.

The S-ECCO IBD Masterclass also provided a great opportunity for personal interactions and exchange of knowledge and ideas between surgeons with a specific interest in the challenging treatment of patients with IBD, and most participants established new professional links with colleagues around the globe. S-ECCO aims to contribute to the institution of a network of surgeons interested in surgery for IBD.

The first S-ECCO Chair, André D’Hoore, who had a great impact on the foundation of Surgeons of ECCO and has led the committee for the past three years, has completed his term, and Willem Bemelman, the new chair, stepped in during the ECCO’14 Copenhagen Congress. We thank André D’Hoore for his great contribution to this young organisation and are confident that S-ECCO will continue to grow and that the S-ECCO IBD Masterclass will become an even more attractive meeting for colorectal surgeons. The 4th S-ECCO IBD Masterclass will take place in Barcelona on February 19, 2015, and will focus on frontiers in IBD surgery.

LYDIA WHITE
N-ECCO Committee Member

ODED ZMORA
S-ECCO Member

Surgical Guidelines finalised: Key Messages

The surgical treatment of UC was partly covered in the Second European evidence-based consensus on the diagnosis and management of Ulcerative Colitis part 2: Current management, published in the Journal of Crohn’s and Colitis (JCC) in 2012.

However, it was felt that the content lacked some surgical depth and practical advice; thus the first consensus on the surgical management of UC has been produced under the leadership of Surgeons of ECCO (S-ECCO).

Four working groups (WG) have been dealing with the preoperative phase, the intraoperative phase, the postoperative phase and special situations. Participants were asked to answer relevant questions on current practice and areas of controversy related to the surgical treatment of UC based on their experience as well as evidence from the literature. Consensus was defined as agreement by more than 80% of participants. The final manuscript was written by the working group chairs, Willem Bemelman, Amsterdam, Netherlands, Gianluca Sampietro, Milan, Italy, Antonino Spinelli, Rozzano, Italy and, André D’Hoore, Leuven, Belgium in conjunction with the WG members, and revised for consistency by Tom Øresland, Lerengskog, Norway. The consensus guideline will be published in the JCC and posted on the ECCO Website.

Here are some highlights from the document: Statements on the preoperative phase emphasise that acute patients should be jointly managed by a gastroenterologist and a surgeon. We should not drag patients who do not respond to second-line therapy past 7 days before recommending colectomy. One should make sure that patients with refractory colitis are optimised before surgery; preferably steroids should be tapered and the timing and type of surgery should be discussed by the gastroenterologist and surgeon. There are also statements on when to recommend surgery for dysplasia. Non-visual flat high-grade dysplasia warrants a recommendation of colectomy. Other situations may be individually tailored, but patients with non-adenoma-like dysplastic raised lesions should undergo a colectomy because there is a considerable risk of metachronous and/or synchronous carcinoma.

In patients with unclassified IBD who are candidates for surgery, a subtotal colectomy allowing for proper histological diagnosis is recommended. Completion proctectomy with a pouch could be considered in selected patients with Crohn’s Disease provided the risk of a higher failure rate is accepted. It is recommended that single-stage proctocolectomy should be avoided in patients on anti-TNF-alpha treatment. There are still no definite recommendations on how to manage the remaining rectum following a colectomy.

Laparoscopic surgery is safe and feasible and confers better short-term outcomes at the expense of longer operative times and increased procedural costs. In the long term there is reduced adhesion formation and probably better preservation of fecundity. In pouch surgery a stapled anastomosis with less than 2 cm of retained anorectum above the dentate line is the recommendation. A loop ileostomy reduces the risk of clinical leakage. Under optimal conditions an ileorectal anastomosis can be recommended. Lower morbidity and preserved female fecundity need to be balanced against need for surveillance.
Dear Y-ECCO Members

We hope that you have all had a great summer. On the next pages you’ll find an update on our Y-ECCO Activities in a nutshell. During the ECCO’15 Barcelona Congress, Y-ECCO will organise two workshops: Our well-known workshop on career development, the Y-ECCO Workshop, and a completely new Basic Science Workshop. You will find the invitation and preliminary programme of both workshops in this issue.

Please be reminded that you are warmly invited to become a Y-ECCO Member and to contribute to our ongoing activities. You can write a literature review for ECCO News, participate in the development of ECCO Consensus Guidelines, e-Learning cases or podcasts. Active participation in any of the Y-ECCO Activities will certainly improve your visibility within ECCO, so don’t hesitate and send an e-mail to me (pieter.hindryckx@ugent.be) and/or the ECCO Office (ecc@ecco-ibd.eu). Also, if you have an international research project in mind that you would like to launch within ECCO, or if you want to co-chair a session at the ECCO Congress or to become a Y-ECCO Committee Member, don’t hesitate to let us know.

See you all soon!

Pieter Hindryckx
Y-ECCO Chair

8th Y-ECCO Workshop 2015

Wednesday, February 18, 2014

Annually, as part of the educational programme of the ECCO Congress, the Y-ECCO Committee organises a specific workshop targeted at our young members – the Y-ECCO Workshop. As it is already a tradition, the upcoming programme will continue to address topics related to career development and networking. In its eighth edition, the next Y-ECCO Workshop will have the main objective of providing guidance and practice in the skills of networking, preparing effective cover letters and CVs, and performing well at job interviews. For this edition, the Y-ECCO Committee has come up with a few surprises to make the course more interactive and exciting to our members. Instead of traditional lectures, the Y-ECCO Workshop will promote an interactive and fun two-hour session in which participants will practice their skills guided by a renowned team of specialised trainers and coaches experienced in career development, professional communication and intercultural management. In addition, at the end of the session, we will celebrate the best scientific work performed by our Y-ECCO Members, as the top-ranked abstracts will be given the Y-ECCO Abstract Award. Finally, the Y-ECCO experience would not be complete without the Y-ECCO Networking Event, which will take place immediately after the workshop – a perfect opportunity for the younger members of ECCO to get to know each other in a laid-back and friendly environment. In order to guarantee your presence at the workshop, please register in advance since no onsite registration will be possible and the number of participants is limited (registration deadline February 3, 2015). We look forward to seeing you all next year in Barcelona!

Information about the facilitators/speakers:
Jeffrey Breyer, B.A., is originally from New York City and has lived in Barcelona for 14 years. He has focussed on teaching and training professional development and communication skills for over 20 years, working on many MBA programmes in Barcelona, as well as at the University of San Francisco in California. On many programmes, he delivers workshops on job applications and careers. He is also a fully qualified and experienced Executive Coach, working with corporate senior and middle management, as well as high potentials. Additionally, he specialises in systemic team coaching and cross-cultural issues. Jeffrey speaks four languages, has a degree in Second Language Acquisition, Teaching and Vocational Training, is an active member of the International Coach Federation, and enjoys visiting his country farm near the Costa Brava in his free time.

Judith Martin, M.A., comes from Leeds in England and has lived and worked overseas for 24 years, in Prague, Munich, Barcelona and now Shanghai. She is the founder and Managing Director of her own company, Interact Executive Coaching & Training, which she set up in Barcelona in 2003. In China, she is focussing on global leadership development, communication skills and career development for various multinationals and business schools. She has a Masters degree in Teaching and Training and is a fully qualified Second Language Specialist and Advanced Practitioner Executive Coach. In her free time, she likes exploring China and Asia and being involved with the international community. She speaks fluent German and Spanish, and is improving her Chinese.

Tiago Nunes
Y-ECCO Member
Dear Y-ECCO Members,

It’s a pleasure to introduce the seventh “Y-ECCO Interview corner” interview, with Daniel Hommes. The rationale of the “Interview corner” is to perform a short interview with a senior ECCO Member, in order to provide advice to young doctors on how to pursue a career in IBD.

We would appreciate your contribution in suggesting questions of interest to the ECCO Office under ecco@ecco-ibd.eu. We look forward to hearing from you.

Yours sincerely,

MONICA CESARINI
Sapienza University of Rome, Italy

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Monica interviews Daniel Hommes

**What was the key step that allowed you to move forward in your career in IBD?**

I was involved in thrombosis and haemostasis research when Sander van Deventer, just returned from Rockefeller NY, stepped into my room and said: “How would you like to put some acetic acid in a mouse intestine and see what happens?” I said: “Sure!”

I went on to work with him and completed my PhD on IBD, being very fortunate to be part of the team that was the first in the world to pioneer infliximab in IBD. From that moment on, I was sold.

**What helped you in being so successful at a young age?**

Having strong mentorship has been crucial in my career. Sander van Deventer’s vision and principles adopted very early in my career. Absolutely! However, this requires careful planning and strong mentorship. The model that I have seen that works very well is an early career scientific fellowship; in other words, a deep dive into molecules, experimental design and data processing before returning to the clinic. In Holland, the typical PhD fellowship is done straight out of medical school, spending 4 years in a lab. We now have so many talented Y-ECCO Members who have a strong scientific background and who will certainly be able to continue to combine clinical work with translational research.

**What suggestions can you give young doctors who want to work in IBD?**

Find a good mentor, and also change mentorship as you advance. NEVER ever copy someone else in his/her career! This is a true path to failure since the world is changing so rapidly. Don’t be afraid to make (many) mistakes: Anyone who has never made a mistake has never tried anything new. Finally, make sure you stay creative: People with authentic ideas will definitely be the most successful.

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**Y-ECCO Basic Science Workshop**

**Friday, February 20, 2014**

We are glad to inform you that, during the ECCO’15 Barcelona Congress, the first edition of the Y-ECCO Basic Science Workshop will take place. Y-ECCO is launching this new workshop to give basic science a more visible platform within ECCO and the ECCO Congress, and to promote scientific exchange and networking among young basic scientists within the IBD Community. The central theme of this year’s workshop will be "Host–environmental interactions in intestinal homeostasis and inflammation". We have invited two outstanding scientists, Maria Abreu and Renzo Caprilli, whose mentorship was brilliance guided me in the early years of my career. Sander van Deventer’s vision and levels of complexity; this experience helped me a lot in my departmental job in the Netherlands and the United States and accelerated my career. Lastly, I don’t believe in luck: Very hard work (!) and establishing a high-trust environment with colleagues (many of whom became close friends) were fundamental in opening up my career opportunities. Today, I am looking out of my window in my LA office at UCLA and realise that this new chapter was only possible because I adhered to those principles adopted very early in my career.

Selection of oral presentations will be on a competitive basis, from amongst the basic science abstracts submitted to the 10th Congress of ECCO. In order for your abstract to also be considered for presentation at the Y-ECCO Basic Science Workshop, please tick the respective checkbox when submitting the abstract. The workshop targets young basic scientists and young clinicians with an interest in basic science, but everyone is invited to attend.

Online registration will be available shortly and will be possible until February 3, 2015 – but do not register early as space is limited. The registration fee is EUR 80.-, Y-ECCO Members (and IBD nurse Members) will be able to register at half price.

**Y-ECCO Committee Members (Tim Raine, Sebastian Zeisig, Pieter Hindryckx, Isabelle Cleynen, Tiago Nunes © ECCO)**

Basic Science Workshop can be found in this issue of ECCO News.

ISABELLE CLEYNEN
Y-ECCO Member
Dear Y-ECCO Members,

During the past few years, the Y-ECCO Literature reviews have become a fixed and well-received part of ECCO News. The purpose of the literature reviews is to highlight the most recent landmark articles within the field of IBD. We aim to include a broad mix of clinical phase 3 trials, epidemiology, endoscopy, basic science articles...

We offer every Y-ECCO Member the opportunity to participate in this Y-ECCO Initiative. After choosing a timely and relevant article, you summarize the key findings and relevance of the paper in one page. Your review will be published together with a personal picture and a short self-description. This makes it the ideal way to introduce yourself to the ECCO Community!

If you are interested in writing a literature review or if you have any questions, please send an email to isabelle.cleynen@med.kuleuven.be.

ISABELLE CLEYENEN
Y-ECCO Committee Member

Y-ECCO Literature review

Atg16L1 T300A variant decreases selective autophagy resulting in altered cytokine signaling and decreased antibacterial defense


Introduction
Large-scale genetic studies have been very successful in helping us to identify genetic susceptibility to IBD, a chronic inflammation of the gastrointestinal tract, and to understand the complex pathogenesis of this inflammatory disease. To date, 163 susceptibility loci have been associated with IBD [1]. One of the single nucleotide polymorphisms (SNPs) most strongly associated with Crohn’s Disease is rs2241880. This SNP encodes for a threonine to alanine exchange at residue 300 in autophagy related 16-like 1 (ATG16L1). The product of this autophagy gene is a central adaptor required for the initiation and maturation of autophagosomes, double-membraned vesicles that engulf cytosolic components and result in cargo degradation after lysosomal fusion during a process called ‘autophagy.’

Recently, Atg16L1, as a core part of the autophagy machinery, has been illustrated to play an essential role in bacterial removal, inflammation and immunity in the gut. Various in vitro and in vivo functional studies have linked ATG16L1 deletion or deficiency to CD-relevant abnormal inflammatory signaling [2–5]. However, despite substantial investigation of the downstream effects of such genetic variation, ascribing a functional role to specific genetic polymorphisms has been challenging and the underlying mechanisms remain largely theoretical. In this original research article, Lassen and colleagues (partially) clarify how ATG16L1 T300A results in autophagy-deficient altered immune responses.

Key findings
In the current study, the authors have used Atg16L1 T300A knock-in mice which, consistent with the high prevalence of the T300A SNP in healthy humans, are viable and healthy. T300A mice showed abnormal Paneth cell lysozyme distribution and enlarged goblet cells, comparable to the phenotype resulting from epithelial autophagy deficiency. Moreover, intestinal stem cells isolated from T300A mice resulted in reduced ex vivo organoid growth, illustrating the importance of Atg16L1-mediated autophagy in normal epithelial functioning. Next, the authors could show that caspase 3 and caspase 7 preferentially reduce Atg16L1 T300A stability compared to WT Atg16L1, resulting in altered selective autophagy, a finding recently also demonstrated by Murthy and colleagues [6]. In vitro incubation of human recombinant caspases with Atg16L1 sequence variants showed increased sensitivity of Atg16L1 T300A to caspase 3/7-mediated cleavage, which was inhibitable by caspase inhibitors. Moreover, in T300A mouse embryonal fibroblasts (MEFs) addition of caspase inhibitors could rescue the autophagic flux, indicating the caspase dependency of T300A-mediated autophagy deficiency. Furthermore, IL-1beta production in vitro was significantly increased (as compared to WT) by inflammatory cells from Atg16L1 T300A mice exposed to LPS, muramyl dipeptide (MDP) or Shigella flexneri (the aetiological agent of bacillary dysentery), illustrating the sufficiency of the T300A SNP to mediate increased IL-1beta secretion by gut-resident inflammatory cells in response to bacterial antigens/infection. Moreover, the authors could show that Shigella replicated faster intracellularly in in vitro Atg16L1 T300A MEFs. Also, Salmonella typhimurium infection in vivo in Atg16L1 T300A T300A mice resulted in significantly increased systemic IL-1beta levels and more severe inflammation in the gut, suggesting that Atg16L1 T300A alters immune responses and compromises the host’s antibacterial autophagy. Finally, by applying quantitative proteomics, the authors were able to identify six Atg16L1 interactors in the antibacterial autophagy pathway and four in the IL-1beta pathway.

Conclusion
In conclusion, this study strengthens the evidence for an association between the CD-associated ATG16L1 T300A genotype and an autophagy-mediated faulty immune response. The authors also identify the increased sensitivity to caspase-mediated cleavage as the main mechanism of action by which Atg16L1 T300A influences disease incidence. The Atg16L1 T300A variant is functionally responsible for hampered autophagy, inefficient antibacterial handling and increased IL-1b secretion in vitro and in vivo.

Importance
The identification of genetic variations in genes like ATG16L1 (but also XBP1, NOD2 etc.) illustrates the value of massive genome-wide approaches to find initial associations with signaling modalities involved in IBD pathogenesis. This study, back to back with the work of Murthy and colleagues published in Nature earlier this year [6], not only determines the consequence of a genetic variation but also unravels the underlying molecular mechanism. More thorough molecular understanding of complex disease mechanisms, like the work reviewed here, may lead to new therapeutic strategies with clinical benefit, e.g. by providing more subtle targets for disease treatment or by allowing a more tailored personalized therapeutic approach.

References

Kris Nys

Kris Nys obtained his PhD in Biomedical Sciences at the University of Leuven, Belgium in 2011. He is currently working as a postdoctoral researcher in the IBD Unit at University Hospitals Leuven, Belgium. He has a strong interest in translational molecular research into IBD pathogenesis with a focus on the functional validation of DNA profiles and its value in personalised medicine.

Kris Nys © Kris Nys

Isabelle Cleynen © ECCO

Isabelle Cleynen
Y-ECCO Committee Member

Young ECCO (Y-ECCO) - Literature review
Individualised therapy is more cost-effective than dose intensification in patients with Crohn's disease who lose response to anti-TNF treatment: A randomised, controlled trial


Introduction

Infliximab (IFX) effectively induces and maintains remission in patients with moderate to severe luminal or fistulising Crohn's Disease (CD) that is refractory to conventional immunosuppressive agents [1]. However, a substantial proportion of patients with an initial response later experience the return of active disease despite ongoing IFX maintenance therapy [2]. The reasons for secondary loss of response to IFX maintenance therapy in CD vary, and include immunogenicity and non-immune-mediated pharmacokinetic and pharmacodynamic issues [3]. Loss of response to IFX is currently handled by an empirical strategy of going through the available CD therapies: an intensified IFX regimen, change of TNF inhibitors, switching to a different biological and optimised use of conventional immunosuppressive drugs, glucocorticosteroids or surgery [4–6]. The dose intensification strategy is obviously expensive, and the alternative anti-TNF pharmaceuticals also entail extremely high medicinal expenditure. Measurement of IFX and IFX antibodies (Abs) may help to identify specific reasons for therapeutic failure. A treatment algorithm based on IFX and IFX Abs may contribute in achieving optimised therapy [3]. The present study is the first clinical trial to investigate the utility of combined drug and drug antibody measurements for optimisation of IFX therapies in individual patients with therapeutic failure in order to achieve rational, cost-effective interventions.

Study set-up

This was a randomised, controlled, single-blind, multicentre study. Sixty-nine patients with secondary IFX failure on maintenance IFX therapy were randomised to IFX dose intensification (5 mg/kg every 4 weeks) (n=36) or interventions based on serum IFX and IFX antibody levels using a proposed algorithm (n=33).

In the algorithm IFX levels were classified as therapeutic or sub-therapeutic (<0.5 μg/ml), and detectable or undetectable IFX Abs were used to assess whether loss of response was due to immunogenicity or to non-immune-mediated pharmacokinetic or pharmacodynamic issues. Based on these factors, four groups were defined. Patients in group 1 had detectable anti-IFX antibodies and sub-therapeutic IFX levels; because of immunogenicity, therapy of these patients was changed to another anti-TNF agent. In group 2, patients had sub-therapeutic IFX levels despite undetectable anti-IFX antibodies; in these cases the intervention was intensification of the IFX treatment. In group 3, participants had undetectable anti-IFX antibodies and therapeutic IFX levels; in this situation anti-TNF was ineffective and was discontinued. In group 4, comprising patients with detectable anti-IFX antibodies and therapeutic IFX levels, analyses were repeated due to inconsistent results. Defined co-primary endpoints at week 12 were the proportion of patients responding (Crohn’s Disease Activity Index (CDAI) decrease ≥20, or ≥50% reduction in active fistulae), and accumulated costs related to treatment of CD, expressed as mean cost per patient (based on the Danish National Patient Registry for all hospitalisation and outpatient costs in the Danish healthcare sector). Patients were evaluated at weeks 0, 4, 8 and 12.

Key findings

Enrolment and treatment: Twenty-eight out of 36 (78%) patients randomised to the intensified IFX regimen completed the 12-week trial as per protocol (ie. The comparison of the patients who completed the trial according to the clinical trial instructions). Withdrawals were due to different reasons: effect of IFX intensification, except in one patient who developed an acute severe infusion reaction to IFX. Among patients (n=33) randomised to treatment using the algorithm, 19 (58%) were handled accordingly, and 17 of these (90%) completed the trial as per the protocol. The subgroup of patients not treated in accordance with the algorithm all had therapeutic serum IFX concentrations above the predefined cut-off. Suspected mechanism: The majority (70%) of patients had therapeutic serum IFX levels and undetectable IFX Abs at the time of therapeutic failure, suggesting a pharmacodynamic mechanism for the failure. Low IFX levels due to drug immunogenicity (20%) or non-immune-mediated pharmacokinetics (4%) were less common. Clinical response: Response rates to study interventions at the end of the trial in the intention-to-treat (all patients) analysis: regarded, regardless of whether or not they completed the study! population were 58% in the algorithm group (19/33) and 33% in the IFX intensification group (19/56) (relative risk RR=1.091, p=0.0180). In the per-protocol population, 47% (9/19) of the algorithm group and 33% (19/56) of the IFX intensification group showed a clinical response (RR=0.898, p=0.781). Costs: In the intention-to-treat population, cost was substantially lower (34%) in those treated in accordance with the algorithm than in those treated by IFX dose intensification: EUR 6,038.– vs. EUR 9,178.–, p<0.001.

For per-protocol patients, treatment costs were even lower (56%) in the algorithm-treated group (EUR 4,062.– vs. EUR 9,178.–, p<0.001).

Conclusions

Steenholdt et al found in this clinical trial that the interventions based on the algorithm achieved similar clinical, biological and quality of life outcomes to dose intensification, but at a significantly lower cost. Treatment of secondary IFX failure using an algorithm based on combined IFX and IFX antibody measurements thus significantly reduces average treatment costs per patient compared with routine IFX dose escalation, and without any apparent negative effect on clinical efficacy. Therefore, from this study it can be concluded that to cut healthcare costs, it is better to manage secondary IFX treatment failure by an algorithm based on serum IFX and IFX Abs, instead of by an intensified IFX regimen.

References


KATALIN MÜLLER

1st Department of Pediatrics
Semmelweis University, Budapest, Hungary

Katalin E. Müller

Katalin E. Müller works as a paediatrician fellow in the 1st Department of Pediatrics, Semmelweis University, Budapest, Hungary. She is a coordinator of the Hungarian Pediatric Inflammatory Bowel Disease Registry and is currently finishing her PhD. She has a special interest in the epidemiological and endoscopic aspects of paediatric Inflammatory Bowel Disease.
ECCO Country Member Profiles

420 mg loading dose (LD) at week 0 followed by 300 mg at weeks 2, 4 and 8, or matching placebo. The primary endpoint was clinical remission at week 10, defined as a Mayo clinical score of 2 or less. No patients in the placebo group achieved this endpoint, compared with eight (21%) (95% CI 7–36%) in the etrolizumab 100 mg group (p=0.0040) and four (10% (0.2–24)) in the 300 mg plus LD group (p=0.048). Of note, most of the patients achieving clinical remission were anti-TNF naïve. In the subgroup of patients who had previously not responded to treatment with TNF antagonists, 5% of the patients in the etrolizumab 100 mg group and 4% of those in the etrolizumab 300 mg plus LD group were in clinical remission at week 10.

One of the secondary endpoints was the achievement of both an endoscopic subscore of 0 and a rectal bleeding subscore of 0 at week 10, which was met in 10% and 8% of the etrolizumab 100 mg and etrolizumab 300 mg plus LD groups, respectively, as compared to 0% in the placebo group, although differences were not statistically significant. At week 6, these differences were also not significant. The rest of the secondary endpoints were also not achieved: Clinical remission at week 6 and clinical response (3-point decrease and 30% reduction in MCI and 1-point decrease or more in rectal bleeding subscore or absolute rectal bleeding subscore of 0 or 1) at week 6 and 10. Four patients presented antibodies against the drug, but no effects on etrolizumab serum concentrations were observed. Adverse events occurred at a similar frequency in the three treatment groups and no patients developed PML.

The secondary endpoints were also not achieved: an endoscopic subscore of at least 2; use of central endoscopic reading as an inclusion criterion (this is the first randomised study to apply this criterion); and the fact that none of the patients in the placebo group achieved clinical or endoscopic remission at week 10. Moreover, the absence of expression in the colonic tissue might be a new marker to predict response in IBD patients. The potential advantage of etrolizumab over other anti-adhesion therapies is its capacity to interfere with the αEβ7/E-cadherin pathway and thereby reduce intraperithelial leukocytes in the gut. Considering that vedolizumab showed better results at week 52 than at week 6, it will also be interesting to know the clinical remission rates in response to etrolizumab at long-term follow-up. Similarly to vedolizumab, etrolizumab could show a better response in the long term (perhaps due to a more gradual effect of the anti-adhesion molecules as compared to anti-TNF). This could explain why the secondary endpoints were not met in this study (all of them were assessed at 6 and 10 weeks). Lastly, as with the other anti-adhesion molecules, the safety data over the long term and the impact of the antidrug antibodies need to be investigated in further studies.

References

P.18

TRIANA LOBÁTÓN
Gastroenterology Unit, University Hospital Germans Trias i Pujol, Badalona (Barcelona, Spain).

Triana Lobatón successfully concluded her specialisation in Gastroenterology at the University of Barcelona in 2010. She is now completing her PhD, focusing on biomarkers in IBD. As part of the PhD programme she has recently completed 18 months at the IBD unit at Leuven University Hospital (Belgium). She is currently working as a gastroenterologist at the University Hospital Germans Trias i Pujol in Badalona (Barcelona, Spain).

Identity card
- Country: Lithuania
- Name of group: Lithuanian ECCO Group
- Number of active members: 20
- Number of meetings per year: 2–3
- Name of president and secretary: Linas Kupcinskas (Chairman), Jurgita Skieceviciene (Secretary)
- National Representatives: Linas Kupcinskas - National ECCO Group representative; Darius Krukas (until December 31, 2014)/ Gediminas Kuodelis (from January 1, 2015) – ECCO National Representative

Identity card
- Country: The Netherlands
- Name of group: Initiative on Crohn and Colitis (ICC) - www.icc-ibd.com
- Number of active members: 12 board members belonging to one of the eight university hospitals in the Netherlands and 23 participating gastroenterologists with a special interest in IBD from other centres in the Netherlands.
- The ICC closely collaborates with its partners, Young-ICC (YICC), Nurses Network IBD Care (NNIC) and the Dutch IBD patients’ association (Crohn and Colitis Organisation of the Netherlands (CCVN)). YICC consists of more than 40 PhD students (MDs and other scientists) who are working in the field of IBD. NNIC is a platform for Dutch IBD nurses.
- Number of meetings per year: 6
- Name of president and secretary: Bas Oldenburg (President) and Dirk De Jong (Secretary)
- National Representatives: Marijke Penk, Dirk De Jong
- Incidence of IBD in the country: Age-standardised incidence rates per 100,000 person-years.
  - Crohn’s Disease: males 4.84, females 7.58
  - Ulcerative Colitis: males 8.51, females 6.92
  - Indeterminate Colitis: males 1.05, females 0.93

Identity card
- Country: Czech Republic
- Name of group: Czech IBD Working Group
- Number of active members: 20–25
- Number of meetings per year: 3–4
- Name of president and secretary: Milan Lukas (President)
- National Representatives: Martin Bortlik, Tomas Douda
- Incidence of IBD in the country: CD: 5.5/100,000, UC: 5.5/100,000; IBD-U: 1.1/100,000 (Burisch et al. East-West gradient in the incidence of inflammatory bowel disease in Europe: the ECCO-EpiCom inception cohort. Gut 2014;63:588–97)
Questionnaire – CZECH REPUBLIC

How did your national group start?
The Czech IBD Working Group was established in February 1996 by several leading gastroenterologists interested in IBD during their first meeting in Prague. From the outset, the main goal of the Working Group was to offer useful and up-to-date information in the field of IBD to Czech gastroenterologists through the organisation of regular meetings and symposia. The activity of the Group has since been extended, though education remains the primary objective.

How is your group organised in terms of new members joining the group, meetings, election of president etc.?
There is no formal membership in the Working Group. Instead, all gastroenterologists, surgeons, nurses and other specialists interested in IBD are welcome to join. Most recently, paediatric gastroenterologists began to actively participate in the Group’s activities.

There are usually three or four meetings of the Group each year, at least one of which is a two-day meeting outside Prague. Milan Lukas has been leader of the Group since its inception and remains President.

When did your national group join ECCO?
The Czech IBD Working Group was among the first members of ECCO, joining in 2002. In 2003, ECCO organised their first IBD Intensive Advanced Course at the Charles University of Prague, thereby commencing the tradition of this outstanding annual event for young gastroenterologists.

What are your main areas of research interest?
The Group, or at least some of its members, have participated in various research projects, the topics of which have included biologic therapy during pregnancy, development of children exposed to biologics during pregnancy and the incidence of IBD throughout Europe (an ECCO-EpiCom study).

Currently, a prospective study on faecal microbiota transplantation in UC patients is about to start.

Does your centre or country have a common IBD database or biobank?

Some centres are trying to develop their own IBD databases, and some have already started to include patients in a database system. At least one centre has also started to set up a biobank (ISCARE, Prague). Unfortunately, a national IBD database (or biobank) does not exist.

What are your most prestigious/interesting past and ongoing projects?
The previously mentioned projects on biologic therapy during pregnancy and the effect of biologics on children’s development seem to have been the most successful to date, and the results were published in peer-reviewed journals (JCC, IBD Journal, Scandinavian Journal of Gastroenterology).

Which ECCO Projects/Activities is the group currently involved in?
There is an ongoing EpiCom study which is not only looking for an East–West gradient in IBD incidence throughout Europe, but also investigating a broad spectrum of environmental factors, health care and economic aspects, IBD-related quality of life etc.

What are your aims for the future?
We would like to increase our activities in clinical research as only a few projects have so far been completed by the Group. We are also continuing with educational activities, including preparation and updating of national guidelines in different areas of IBD. There is also a need to continue discussion and negotiation with health insurance authorities regarding the system of reimbursement of medical care for IBD patients.

How do you see ECCO helping you to fulfil these aims?
Travel awards, grants and fellowship programmes may all be helpful, but we have not been successful when applying so far. Therefore we appreciate that ECCO decided to change the rules for assessment of projects from Central and Eastern Europe in order to increase their chance of being accepted. Moreover, some interesting research projects have been endorsed by ECCO (e.g. ICARE) in which we would like to participate.

What do you use ECCO for? Network? Congress? How do you use the things/services that ECCO has to offer?
The majority of Czech physicians and nurses interested in IBD benefit from their membership of ECCO in that it provides easier (and cheaper) access to the Congress and JCC. From the clinical point of view, the ECCO Consensus Statements and Guidelines on different topics are greatly appreciated and applied by more and more gastroenterologists and surgeons in their clinical practice. We also believe that one of the most important advantages of being a member of the ECCO Family derives from the networking, meetings and discussions with our colleagues from all over Europe. Last but not least, we are happy to have the chance to invite some of the “stars” of European IBD to participate in different national meetings and symposia.

MARTIN BORTLIK, TOMAS DOUDA
National Representatives, Czech Republic

Questionnaire – LITHUANIA

How did your national group start?
The Lithuanian ECCO Group started as a research group focussed on IBD in 2002.

How is your group organised in terms of new members joining the group, meetings, election of president etc.?
The Lithuanian ECCO Organisation consists of the research group members and individual ECCO Members. The Lithuanian ECCO Group coordinates research activity in the country and organises national and international IBD conferences and seminars. Every ECCO Member (paid-up ECCO Membership fee) is accepted as a member of the national organisation. Everyone active in IBD research, whether a medical doctor or scientist, can also become a member of the Group. Election of officers (including the ECCO Country Representatives) is organised according to the Group’s statute.

When did your national group join ECCO?
2004

What are your main areas of research interest?
IBD epidemiology, genetics, microbiome, disease biomarker studies, clinical trials.

**Does your centre or country have a common IBD database or biobank?**
The Institute for Digestive Research of the Lithuanian University of Health Sciences (Kaunas) provides an IBD biobank (established in 2010), with collection of sera, DNA, tissue biopsies and microbiota samples.

**What are your most prestigious/interesting past and ongoing projects?**
The Lithuanian ECCO Group is involved in many international and national basic and clinical research projects:
- **Germany-Norway-Lithuania IBD twins microbiota study (2006–9).** Publications in Gastroenterology, Physiological genomics (2009–11)
- **Influence of NADPH oxidase on inflammatory response in primary intestinal epithelial cells (2009–13).** Publications in BMC Gastroenterology, WJG (2013–4)
- Horizon - 2020 project “miGl-Health” (submitted in 2014)

**Which ECCO Projects/Activities is the group currently involved in?**
- ECCO individual research travel grant (2011–ongoing).
- **Influence of NADPH oxidase on inflammatory response in primary intestinal epithelial cells (2009–13).** Publications in BMC Gastroenterology, WJG (2013–4)
- **Horizon - 2020 project “miGl-Health”** (submitted in 2014)

**How did your national group join ECCO?**
In 2003 a group of enthusiastic gastroenterologists, each working in one of the eight university hospitals in the Netherlands, founded the ICC. They agreed to join forces to a yearly review. At present, development of biomaterial (DNA, serum, faecal samples, biopsies and resected material) and prospective clinical information are available for more than 4,000 IBD patients. Inclusion of patients is ongoing. The goal of the project is the study of molecular markers for disease course and treatment outcome of IBD.

**What are your aims for the future?**
To continue research collaboration within ECCO and to train young gastroenterologists.

**What do you use ECCO for? Network? Congress? How do you use the things/services that ECCO has to offer?**
ECCO is an excellent organisation for dissemination of new clinical experiences, young gastroenterologist training and research networking.

**What do you see ECCO helping you to fulfil these aims?**
We will use our representatives to communicate with different ECCO Committees.

**What do you use ECCO for?** Network? Congress? How do you use the things/services that ECCO has to offer? We use ECCO mostly for Congress and networking purposes.

**What are your most prestigious/interesting past and ongoing projects?**
- **The above-mentioned IBD String of Pearls Initiative**
- **Publication of the first national guideline for IBD in the Netherlands**
- Yearly educational initiatives:
  - **ICC day:** Every fourth Thursday in September; a post-graduate course for Dutch physicians
  - **An educational meeting for IBD patients in eight different Dutch regions (in collaboration with the IBD patients’ organisation (CCUVNI))**
  - A course for IBD nurses (together with NICC)
  - Assistance with the organisation of the YICC course for PhD students and post-docs.

**Which ECCO Projects/Activities is the group currently involved in?**

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**Questionnaire – THE NETHERLANDS**

**How did your national group start?**
In 2003 a group of enthusiastic gastroenterologists, each working in one of the eight university hospitals in the Netherlands, founded the ICC. They agreed to join forces with the goal of improving the quality of life patients with chronic Inflammatory Bowel Diseases. To realise this goal, the ICC focuses on three items: The care for and education of patients who suffer from Crohn’s Disease or Ulcerative Colitis, the education of doctors and nurses in the Netherlands and collaborative scientific research.

**How is your group organised in terms of new members joining the group, meetings, election of president etc.?**
All Dutch gastroenterologists, scientists, surgeons and paediatricians who are interested in IBD are invited to join the ICC, attend monthly research meetings, join guideline-writing committees and participate in ongoing trials. Once every three years, the president, secretary and treasurer are elected by the board members.

**When did your national group join ECCO?**
2004

**What are your main areas of research interest?**
The focus of our scientific interest is subject to a yearly review. At present, development of molecular markers for therapy response and treatment outcomes and geno-phenotype associations are the main topics of research interest.

The ICC also has several ongoing clinical trials.

**Does your centre or country have a common IBD database or biobank?**
All university hospitals (and ICC board members) participate in a nationwide biobank + database with prospective phenotyping, called the String of Pearls Initiative (www.parel snoer.org). At present, biomaterial (DNA, serum, faecal samples, biopsies and resected material) and prospective clinical information are available for more than 4,000 IBD patients. Inclusion of patients is ongoing. The goal of the project is the study of molecular markers for disease course and treatment outcome of IBD.

**What are your aims for the future?**
We will use our representatives to communicate with different ECCO Committees.

**What do you see ECCO helping you to fulfil these aims?**
We will use our representatives to communicate with different ECCO Committees.

**What do you use ECCO for? Network? Congress? How do you use the things/services that ECCO has to offer?**
We use ECCO mostly for Congress and networking purposes.

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**DARIUS KRIUKAS, LIMAS KUPCINSKAS**
National Representatives, Lithuania

**MARIKE PIERIK, DIRK DE JONG**
National Representatives, The Netherlands
Who is who in ECCO?

**ECCO Governing Board 2014**

**President**
Séverine Vermeire
Leuven, Belgium
severine.vermeire@uzleuven.be

**Past President/Liaison Officer**
Simon Travis
Oxford, United Kingdom
simon.travis@ndm.ox.ac.uk

**President-Elect**
Julian Panés
Barcelona, Spain
jpanes@clinicib.es

**Education Officer**
Axel Dignass
Frankfurt am Main, Germany
axel.dignass@fdk.info

**Secretary**
Silvio Danese
Milan, Italy
isdanese@hotmail.com

**Treasurer**
Tibor Hávaty
Bratislava, Slovakia
tibor.hlavaty2@gmail.com

**Scientific Officer**
Pierre Michetti
Lausanne, Switzerland
pmichetti@gesb.ch

**Corporate Members 2014**

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- Iris Dotan, Israel
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- Tiago Nunes, Germany
- Tim Raine, United Kingdom
- Sebastian Zeissig, Germany

**P-ECCO**
- Pieter Hindryckx
  Ghent, Belgium
  pieter.hindyckx@ugent.be

**EpiCom**
- Ms Annene, Italy
- Dana Duricova, Czech Republic
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- Palme Bager, Denmark
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- Karen Kemp, United Kingdom
- Lydia White, United Kingdom

**Y-ECCO Chair**
- Pieter Hindryckx
  Ghent, Belgium
  pieter.hindyckx@ugent.be

**SciCom Chair**
- Edouard Louis
  Liège, Belgium
  edouard.louis@ulg.ac.be

**ClinCom Chair**
- Filip Baert
  Roeselare, Belgium
  filip.baert@azdelt.be

**EduCom Chair**
- James Lindsay
  London, United Kingdom
  james.lindsay@bartshealth.nhs.uk

**GuiCom Chair**
- Rami Elakim
  Tel Aviv, Israel
  abraham.elakim@sheba.health.gov.il

**5-ECCO**
- Gianluca Sampietro, Italy
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- Jandina van Wijnveldt, United Kingdom
- Oded Zmora, Israel

**5-ECCO Chair**
- Willem Bemelman
  Amsterdam, The Netherlands
  w.a.bemelman@amc.uva.nl

**EpiCom Chair**
- Tine Jess
  Copenhagen, Denmark
  tj@ssi.dk

**ClinCom Chair**
- Filip Baert
  Roeselare, Belgium
  filip.baert@azdelt.be

**EduCom Chair**
- André De Hoore, Belgium
- Peter Irving, United Kingdom
- Torsten Kucharzik, Germany
- Stephan Vavricka, Switzerland

**GuiCom Chair**
- Rami Elakim
  Tel Aviv, Israel
  abraham.elakim@sheba.health.gov.il

**5-ECCO Chair**
- Willem Bemelman
  Amsterdam, The Netherlands
  w.a.bemelman@amc.uva.nl

Further contacts of ECCO Officers can be found online at www.ecco-ibd.eu.

**ECCO Office**
European Crohn’s and Colitis Organisation
Salierstrasse 7/3
1010 Vienna, Austria
Phone: +43-(0)1-710 22 42
Fax: +43-(0)1-710 22 42-001
E-Mail: ecco@ecco-ibd.eu
Web: www.ecco-ibd.eu
Become a member!

To reach our objectives, our members can access the following ECCO Initiatives:

- Reduced Congress fee
- JCC – Journal of Crohn's and Colitis
- e-CCO Learning incl. e-CCO Courses and e-CCO Library
- Guidelines, ECCO Fellowships, Grants and Education Officer activities
- Quarterly ECCO News – The society's magazine
- Monthly eNewsletter

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Inflammatory Bowel Diseases

10th Congress of ECCO
February 18-21, 2015

- CCIB Barcelona, Spain
- EACCME applied
- Register at www.ecco-ibd.eu/ecco15

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