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American College of Gastroenterology Unveils New Podcast Series on IBD

ACG Experts Provide Insight on New IBD Therapies, Pregnancy and Pediatric Patient Concerns

Bethesda, MD, May 27, 2010—The American College of Gastroenterology announced the release of a new podcast series, [“Audio Q&A on Inflammatory Bowel Disease,”](#) featuring ACG experts answering questions on topics of most concern to IBD patients, their caregivers and loved ones. In recognition of World Digestive Health Day—2010 the Year of IBD, the College’s new podcasts emphasize helping patients live well despite their IBD, and address issues surrounding reproduction and fertility; diet and nutrition; new and emerging therapies; the importance of clinical trials; and pediatric IBD.

Affecting five million people worldwide (1.4 in the United States alone), IBD refers to two related but different diseases: ulcerative colitis and Crohn's disease. These diseases cause chronic inflammation of the intestinal tract, which leads to a variety of symptoms, including painful sores and bleeding. The inflammation can also lead to involvement of organs other than the intestines. IBD is a lifelong disease with periods of active disease alternating with periods of disease control (remission). IBD is sometimes confused with, but is different than, irritable bowel syndrome.

The new IBD podcasts are organized into three main topic areas and feature ACG Trustee, Sunanda V. Kane, MD, MSPH, FACG and Dr. William J. Sandborn, MD, FACG both of the Mayo Clinic in Rochester, Minn., and Marla C. Dubinsky, MD of Cedars-Sinai Medical Center in Los Angeles.

IBD: Impact on Fertility, Reproduction and Pregnancy; Diet Nutrition and IBD

Dr. Kane explains how IBD impacts fertility, reproduction and pregnancy, and discusses the special concerns of women—and men—with IBD. Dr. Kane also addresses the nutritional challenges for IBD patients, discusses why there is no “special diet” for IBD, and offers tips for self-management.

New and Emerging IBD Therapies; Importance of Clinical Trials

Dr. Sandborn shares his insight on the new and emerging therapies for IBD, as well as the importance of clinical trials and patient success with clinical trials. He also discusses the outlook for individualized therapies for IBD, which involve genetics and the make-up of bacteria found in the gut.

Children, Teens and IBD: Unique Challenges and Psychological Aspects of the Disease

Dr. Dubinsky discusses the unique challenges faced by children and teens with IBD, answers common questions, such as “Will my child outgrow IBD?”, and provides tips for parents to help their child thrive despite the disease. Dr. Dubinsky also provides insight on the psychological

aspects of IBD for children and teens, as well as growth, development and body image concerns.

“IBD is a challenging disease that requires life-long management. As a result, patients and their physicians are continually striving to provide the most effective and up-to-date treatment plan based on the latest scientific advances and expert medical insight,” said Philip O. Katz, MD, FACG, president of the American College of Gastroenterology.

“The American College of Gastroenterology is proud to feature three of the College’s most respected IBD experts answering common questions about the disease in these easily accessible and engaging podcasts,” said Katz. “With these podcasts, the ACG aims to help empower physicians and patients with the information they need to make the best treatment and IBD management decisions in order for patients to live well despite the disease.”

This year on May 29 the World Gastroenterology Organization (WGO) is focusing its [2010 World Digestive Health Day](#) topic on IBD in order raise public awareness on how to optimize diagnostic approaches and maximize patient care to enhance the quality of life of IBD patients. The campaign will underscore the emergence and complexities of IBD to doctors in developed and developing countries.

[Access the podcast series from the ACG Web site.](#) For additional information on Inflammatory Bowel Disease, please visit the American College of Gastroenterology’s online [IBD Resource Page](#) for background information and resources, including the new patient resource, [“ACG Expert Tips for Living Well with IBD,”](#) which was authored by members of the College’s IBD Task Force.

About the American College of Gastroenterology

Founded in 1932, the American College of Gastroenterology (ACG) is an organization with an international membership of over 11,000 individuals from 80 countries. The College is committed to serving the clinically oriented digestive disease specialist through its emphasis on scholarly practice, teaching and research. The mission of the College is to serve the evolving needs of physicians in the delivery of high quality, scientifically sound, humanistic, ethical and cost-effective health care to gastroenterology patients.

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