



## SESSION 2

# OPTIMIZING MANAGEMENT OF IBD: BEYOND ANTI-TNFs

## Optimizing Management of IBD: Beyond Anti-TNFs

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The past two decades have seen important advances in the management of inflammatory bowel diseases (IBD). The development of tumour necrosis factor- $\alpha$  (TNF- $\alpha$ ) inhibitor therapy completely changed not only the way we treat, but also how we think about treating, IBD. New paradigms have emerged, including the concept of early treatment, the value of combination therapy, the treat-to-target concept, the importance of monitoring the asymptomatic patient, and the evolving role of therapeutic drug monitoring.

More recently, there has been an explosion in the number of molecules entering or completing phase III clinical trials, thus ushering in a new era of therapeutics in IBD—beyond TNF- $\alpha$  inhibitors. Recognition of the interruption of lymphocyte trafficking as an effective treatment strategy, knowledge of the importance of blocking the interleukin (IL)-12/23 pathway, and new oral molecules will redefine the next generation of IBD treatment algorithms. Furthermore, emerging concepts will continue to evolve and shape the field, including an increased emphasis on personalized medicine (right drug, right dose, right time) and the development of new therapeutic classes.

The presentation will review the mechanism of action and data for novel therapies in IBD, with particular focus on the evidence for agents targeting leukocyte trafficking and cytokine signaling, including IL-12/23, the Janus kinase-signal transducers and activators of transcription pathway, and the emergence of antisense therapy for the treatment of IBD.

### Recommended Reading

Colombel J-F, Sands BE, Rutgeerts P, et al. The safety of vedolizumab for ulcerative colitis and Crohn's disease. *Gut*. 2016 Feb 18. pii: gutjnl-2015-311079. [Epub ahead of print]

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Sandborn WJ, Gasink C, Long-Long G, et al. Ustekinumab Induction and Maintenance Therapy in Refractory Crohn's Disease. *N Engl J Med*. 2012;367:1519–28.

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