

Compassionate Care and Innovative Research

UCSF Colitis and Crohn's Disease Center

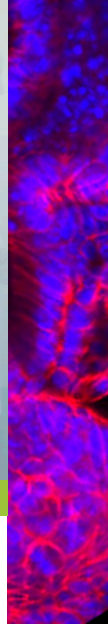


University of California
San Francisco



An estimated 3 million people in the United States have inflammatory bowel disease (IBD), an umbrella term for several chronic conditions that involve inflammation of the digestive tract. IBD can cause diarrhea, bleeding, abdominal pain, fever, joint pain, and weight loss, among other symptoms. IBD can flare up unpredictably, affect people of all ages, and greatly impact quality of life.

Although there is currently no cure for IBD, the UCSF Colitis and Crohn's Disease Center is at the forefront of optimizing patient care, education for doctors and patients, and innovative research to find new, unique treatments – and ultimately, a cure.



“ Our goal is to show patients with IBD that the disease does not limit them. The work we do helps them live their lives without boundaries. ”

Uma Mahadevan, MD

Co-Director, UCSF Colitis and Crohn's Disease Center
Chair, IBD Parenthood Project
Director, IBD Fellowship



A Spotlight on Our Impact

The UCSF Colitis and Crohn's Disease Center is a global leader in helping patients manage IBD during pregnancy and fertility.

One of our research studies, called "A Multicenter National Prospective Study of Pregnancy and Neonatal Outcomes in Women with Inflammatory Bowel Disease" (PIANO registry), has enrolled more than 2,000 participants since its launch in 2007. Among key findings: Disease flare-ups can lead to infant and maternal harm, and common IBD therapies such as biologics and thiopurines have little to no effect. This work has informed and changed national and international guidelines on continuing use of biologics throughout pregnancy and breastfeeding. It also has spurred the development of international guidelines on management of pregnant women with IBD, an effort called the IBD Parenthood Project.

The PIANO registry and others that our investigators lead have the potential to be continued sources of valuable knowledge for clinicians and other researchers, as well as patients.

Compassionate Care

IBD, which can include Crohn's disease, ulcerative colitis, microscopic or collagenous colitis, and other related illnesses, is often a disruptive condition to a patient's everyday life.

Yet IBD is not just about the gut. That's why we use a collaborative, multidisciplinary approach that invites insights from gastroenterologists, surgeons, pathologists, nutritionists, rheumatologists, dermatologists, and others to work together. Together, this team of experts discusses cases and devises the best treatment plans for individual patients to provide optimal and comprehensive care.

Here, the person is the priority over merely treating the disease. In this way, patients become integral members of the team. We work closely with patients, ensuring that the information we share and treatment options we offer are accessible and understandable, to make informed decisions that can result in successfully achieving remission.

Our mission is to change the course of IBD through comprehensive care, cutting-edge research, and training the next generation of IBD doctors.

Innovative Research

To increase our range of therapeutic options and improve patient care – as well as find a cure for IBD – we must better understand how the disease affects the body.

We encourage creativity and innovation in the search for new and sometimes experimental ways to improve the management and long-term outcomes of our patients. This includes supporting multinational research projects and clinical trials of novel therapies. For example, some of our leading investigators are:

- investigating the safety of new IBD therapies on pregnant women and the long-term impacts on their children
- developing digital-health technologies to better monitor patients
- using cells or organoids to test new therapies rather than testing in humans
- studying how diet can help maintain IBD remission
- using the electronic health record and "big data" to study trends, predictors in care, and outcomes of patients with IBD

Together – and by using all the knowledge, technologies, and support resources we have – our experts are advancing IBD treatment and care for all patients.



Best in Northern California in gastroenterology and gastrointestinal surgery

Training the Next Generation

At UCSF, education is a transformative force, and we are dedicated to enriching the pipeline of talented future clinicians and researchers.

A key facet is our one-year Advanced Fellowship in Inflammatory Bowel Disease program. With the support of our faculty members as mentors, fellows receive clinical training specifically focused on IBD patients, as well as niche training in the management of pregnant patients and colorectal cancer patients with IBD. Not only do they experience hands-on training in inpatient and outpatient settings, they also perform endoscopies and work with interdisciplinary mentors in pediatrics, colorectal surgery, dermatology, pathology, and radiology.

Through this program, we strive to cultivate and support the next generation of IBD doctors and investigators who will transform the field and bring high-level care to patients for generations to come.



Gift Opportunities

The UCSF Colitis and Crohn's Disease Center is grateful for the generous gifts foundations and individual donors provide to help our faculty members continue their work. Your support will help us:

- Fund high-risk, high-reward research that can change the course of the disease.
- Cultivate and train the best and brightest specialized investigators through the Advanced IBD Fellowship program.
- Empower our Chair of Clinical IBD to lead and enable faculty members to dedicate their time to research, as well as train the next leaders in IBD.
- Invest in the future and catalyze our work to advance better health for all patients with IBD.

If you are interested in learning more about supporting the center's work, please email [**IBD@ucsf.edu**](mailto:IBD@ucsf.edu) or visit us at [**ibd.ucsf.edu**](http://ibd.ucsf.edu) to discover how you can help improve health worldwide.



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