

Challenging GI Cases

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Disclosures

- Consultant

Corevitas, Thetis, Promakhos, ClostraBio,
Suono Bio

Case #1

- 42 yo woman with a hx of Crohn's ileocolitis for 4 years
- Initially on steroids;
- Infliximab initiated 3 years ago.
 - On presentation had diarrhea and bilateral hip pain all of which resolved on infliximab.
- She has been on infliximab at 5 mg/kg every 8 weeks.
- PMH: hyperlipidemia- on atorvastatin
- She comes in with complaints of joint pains.

- What questions for her?
- What would you do next?

Complication

- Joint pain
 - Hips, knees, ankles
 - No GI symptoms
- Spreading of joint pains to include hands and wrists
- Physical exam normal;
 - arthralgias no arthritis
- What would you do to sort this out?

Differential Diagnosis

- IBD –related arthropathy
- Non-inflammatory: Osteoarthritis
- Drug related
- Other- Lyme, viral

Results

- Infliximab level of 4
- Calprotectin < 16
- Rheumatoid factor negative
- ANA 1:1280
- Anti-dsDNA positive

	ANA positivity (%)
Infliximab	46%
Adalimumab	19%
Certolizumab pegol	8%

Figures from ACCENT-II, CLASSIC-II and PRECiSE-II

Other Auto-Immune Diseases Provoked by Anti-TNF Agents

- Drug-induced lupus
- Psoriasis
- Alopecia areata/totalis
- Autoimmune hepatitis
- Sjogren's syndrome
- Demyelinating diseases
- Vasculitis
- IBD

Classic DILE vs Anti-TNF DILE

	Classic DILE	Anti-TNF DILE
M:F ratio	Equal	Female predominance
ANA	Universally positive	Universally positive
Anti-dsDNA	<1%	>90%
Anti Histone	>90%	20-50%
Hypocomplementemia	Rare	Frequent

What next for autoimmune reaction?

- Reaction most often fully resolves
- If severe arthralgias- short term steroids
- Next therapy: can usually wait
- If more severe: Not an anti-TNF
- If psoriasis- ustekinumab/risankizumab
 - The p40/p19 medications can be less effective for joints
- Upadacitinib is a good alternative for joints

Case #2

- 62 yo man with a hx of occasional reflux
- c/o of more severe symptoms of burning over past 4 months
- No weight loss, 12 LB weight gain over past year
- Minor cough
- Medications:
 - omeprazole 20 mg twice a day
 - Amlodipine 10 mg daily
- What next?

What questions to ask?

- PPI

- How many doses are you missing per week?
- When are you taking them?
- Are you taking them before food?
- How long?
 - 8 weeks for erosive
 - 4 weeks for non-erosive

What next?

- About 20-25% will still have symptoms
- Rationale to switch to another PPI
 - Rapid metabolizer?
 - Most likely- omeprazole or esomeprazole
 - Switch to rabeprazole
- Additional
 - Famotidine for breakthrough at night
 - ? Check a pH probe

Are you missing something?

- Gastric emptying delay?
- Partial small bowel obstruction?
- Visceral hypersensitivity?
- Bile reflux?

Nocturnal Acid Breakthrough

- As much as 75% will have ongoing symptoms despite twice a day PPI
- Famotidine 20 mg qhs

Additional approaches

- Lifestyle measures
 - Tobacco use, coffee, chocolate, mint, fatty meals, elevate head of bed
- Bile salt reflux
 - Sucralfate
- Anti-reflux measures
 - Baclofen 5-10 mg 2 x/day before meals
- Still not improving

Further Testing

- EGD
 - Barrett's esophagus
- Bravo capsule
 - Acid reflux
- Alternative acid suppression:



Vonoprazan

- potassium-competitive acid blocker (P-CAB)
- Advantages vs PPI
 - Faster onset of action
 - Does not require acid activation
 - Is not food dependent
 - More predictable acid suppression over 24 hours
 - Effective in CYP2C19 rapid metabolizers
 - 10mg/20 mg once a day (*Voquezna*)

Case #3

- 74 yo woman c/o diarrhea increasing over past 2 years
 - acutely worse over past month
- 5-7 loose stools a day;
- Antibiotics for tooth extraction 8 weeks earlier
- Normal screening colonoscopy year earlier
- No weight loss
- +tobacco 1 pack per day
- Meds:
 - HCTZ 25 mg daily
 - Levothyroxine 125 mcg daily
 - Rosuvastatin 10 mg daily
 - Omeprazole 20 mg daily
 - Ibuprofen 400 mg twice a day about 5 days a week
- PE: unremarkable

What differential?

- *C difficile*
- Inflammatory
- Medication
- Functional- IBS
- Diet
- Other

What differential?

- C difficile-
 - antibiotic and PPI risk
- Inflammatory
- Medication
- Functional- IBS
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What differential?

- C difficile-
 - antibiotic and PPI risk
- Inflammatory
 - ESR, CRP, calprotectin
- Medication
 - Omeprazole
- Functional- IBS
 - Bacterial overgrowth/ SIBO
- Diet
- Other

What differential?

- C difficile-
 - antibiotic and PPI risk: C difficile neg
- Inflammatory
 - ESR, CRP, calprotectin
- Medication
 - Omeprazole
- Functional- IBS
 - Bacterial overgrowth/ SIBO
- Diet
- Other

What differential?

- C difficile-
 - antibiotic and PPI risk: C difficile neg
- Inflammatory
 - ESR, CRP, calprotectin: ESR 14; CRP 1.8
 - Calprotectin- < 27
- Medication
 - Omeprazole
- Functional- IBS
 - Bacterial overgrowth/ SIBO
- Diet
- Other

What differential?

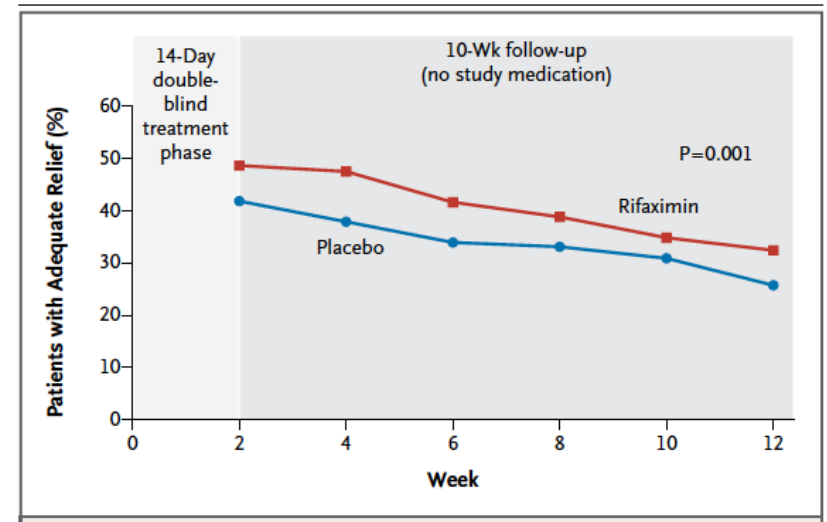
- C difficile-
 - antibiotic and PPI risk: C difficile neg
- Inflammatory
 - ESR, CRP, calprotectin: ESR 14; CRP 1.8
 - Calprotectin- < 15.6
- Medication
 - Omeprazole: trial switching to lansoprazole
- Functional- IBS
 - Bacterial overgrowth/ SIBO
- Diet
- Other

What differential?

- C difficile-
 - antibiotic and PPI risk: C difficile neg
- Inflammatory
 - ESR, CRP, calprotectin: ESR 14; CRP 1.8
 - Calprotectin- < 15.6
- Medication
 - Omeprazole: trial switching to lansoprazole
- Functional- IBS
 - Bacterial overgrowth/ SIBO: positive
- Diet
- Other

SIBO: Rifaximin in IBS

- Hypothesis that symptoms of IBS may result from abnormal fermentation assoc with small intestinal bowel overgrowth (SIBO)
- Prevalence by lactulose breath test of 65 % to 84% in IBS patients
- Rifaximin relieved global symptoms up to 10 weeks after discontinuation of therapy (Pimentel et al)
- Improve gas/bloating at lower dose



Combined results: 1260 patients randomized in 2 parallel studies to rifaximin 550 mg tid for 2 weeks with 10 week follow-up
NEJM, 2011

Diet and IBS

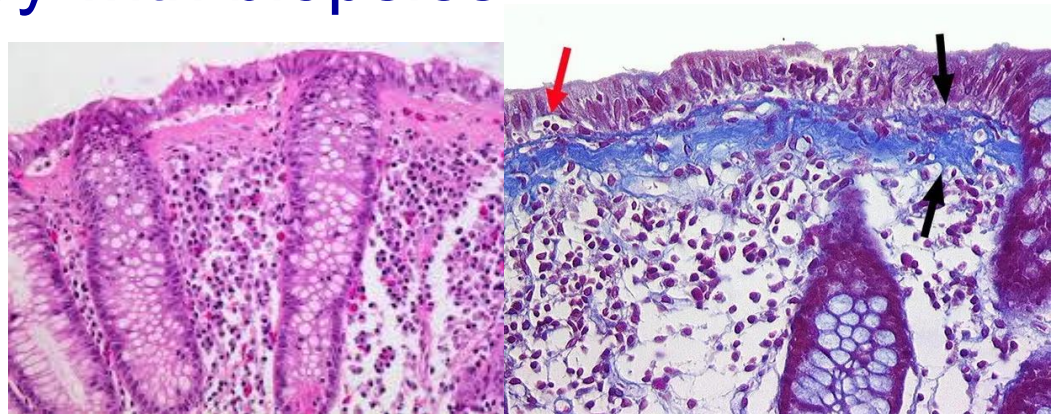
- Exclusion of gas-producing foods
 - Underlying visceral hyperalgesia
 - Exclusion of foods that increase gas production:
 - beans, cruciferous vegetables (broccoli, cauliflower, cabbage), celery, carrots, raisins, bananas, prunes

Diet and IBS

- Carbohydrate malabsorption – “FODMAP’s”
 - Fermentable
 - Oligosaccharides
 - Disaccharides
 - Monosaccharides
 - And
 - Polyols
- May lead to Sx of IBS, increased intestinal permeability and possibly inflammation

- **Oligosaccharides**
 - Fructans (wheat, onions, artichokes)
 - Galactans (legumes, cabbage, and brussel sprouts)
- **Disaccharides**
 - Lactose (dairy)
- **Monosaccharides**
 - Fructose (honey, watermelon, high fructose corn syrup)
- **Polyols (sugar alcohols)**
 - Sorbitol (chewing gum)
 - Xylitol
 - Mannitol
- Some studies restricting FODMAP's have suggested benefit
- Consider trial of low FODMAP's diet

- No improvement
 - What now?!
- Second opinion:
 - Screening colonoscopy negative
 - No biopsies taken
 - Repeat colonoscopy with biopsies
- Collagenous colitis



Microscopic Colitis

- Collagenous (1976) and Lymphocytic Colitis (1989)
 - Chronic watery diarrhea
 - Normal endoscopic appearance (or nearly normal)
 - Normal radiologic studies
- Histologic evidence of chronic inflammation
 - Collagenous colitis: increased subepithelial collagen deposition
 - Lymphocytic colitis: differs from IBD, infectious colitis

Distinct entities vs spectrum of single disorder ?

Epidemiology

- “Middle-age” onset
- 6th to 7th decade
 - 25% before age of 25
 - Described in children
- Female preponderance ?
 - Review of all published cases of microscopic colitis: no gender difference
- Risk factors:
 - Smoking
 - NSAIDs
 - Genetic link: few familial cases

Response To Therapy

	Lymphocytic N = 170 ¹	Lymphocytic N = 199 ²	Collagenous N = 163 ³
antidiarrheal	73%	70%	71%
bismuth	73%		
sulfasalazine	42%	21%	34%
mesalamine	45%	50%	50%
Bile binders	42%	57%	59%
Steroids /budesonide	65%	88%	82%
AZA/6-MP	20%		
methotrexate			84% ⁴

1) Pardi et al, Am J Gastro, 2002;14:2829-33; 2) Oleson et al, Gut 2004;53:536-541 3) Bohr et al, Gut 1996; 39, 846-851 4) Riddell, J Gastro Hep, 2007

Case #4

- 27 yo man with a 1 yr hx of left-sided UC
- At diagnosis:
 - prednisone and then mesalamine initiated.
- Did well for 8 months
- No other medications
- Worsening urgency and bloody diarrhea-
 - 12+ stools/day
- PE: normal
- Labs: wbc 8.7 hct 44 CRP 1.7

Next steps?

- Differential diagnosis:
 - Infection
 - C difficile
- Other?
- Check a calprotectin
 - 1724 calpro
- Start steroids
 - Prednisone 40 mg daily
 - With 2000iu vit D3 and calcium

Therapeutic Choices

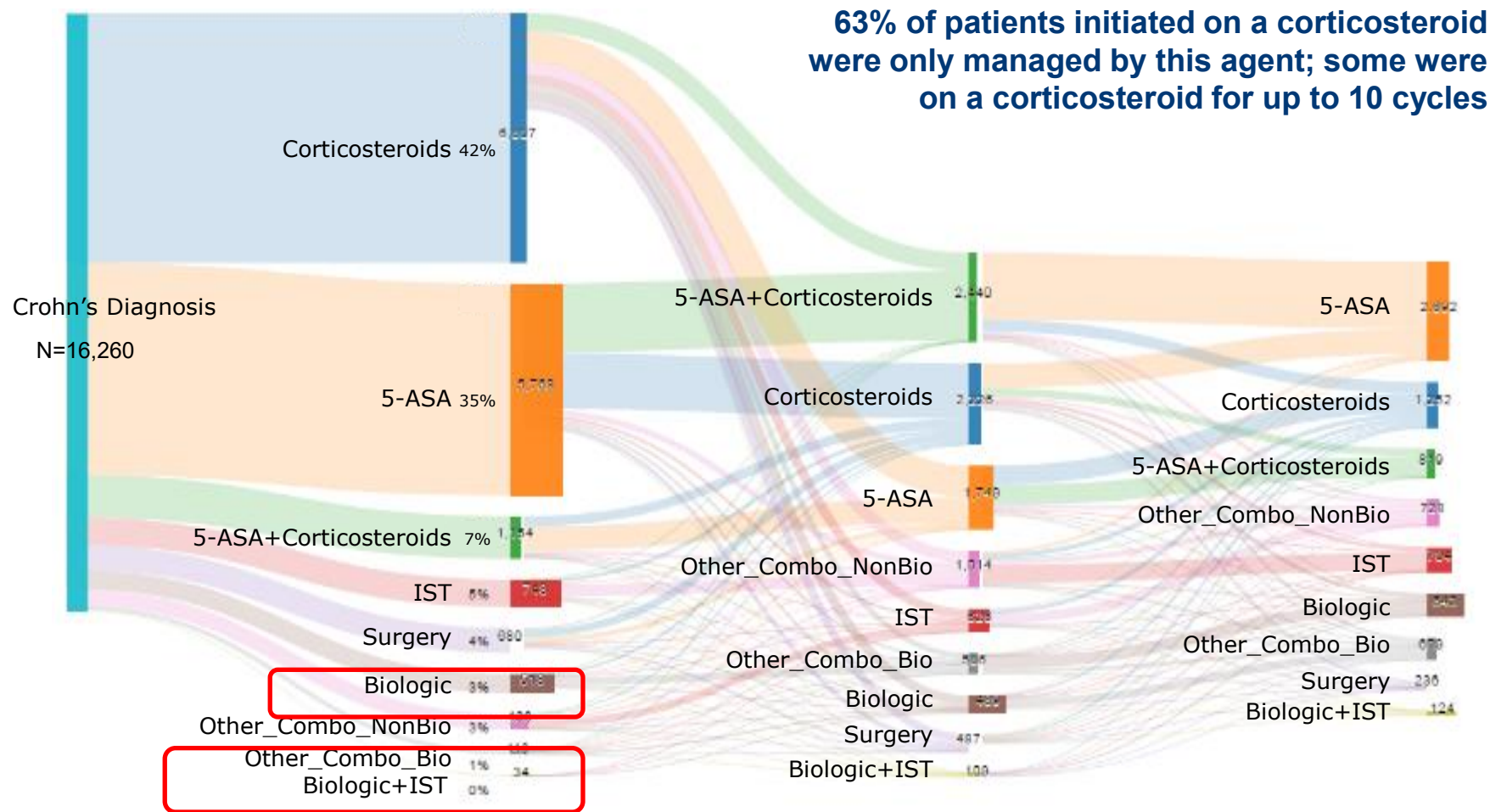
UC

- TNFi
- vedolizumab
- ustekinumab
- risankizumab
- guselkimab
- tofacitinib
- upadacitinib
- 6-MP/aza
- ~~steroids~~

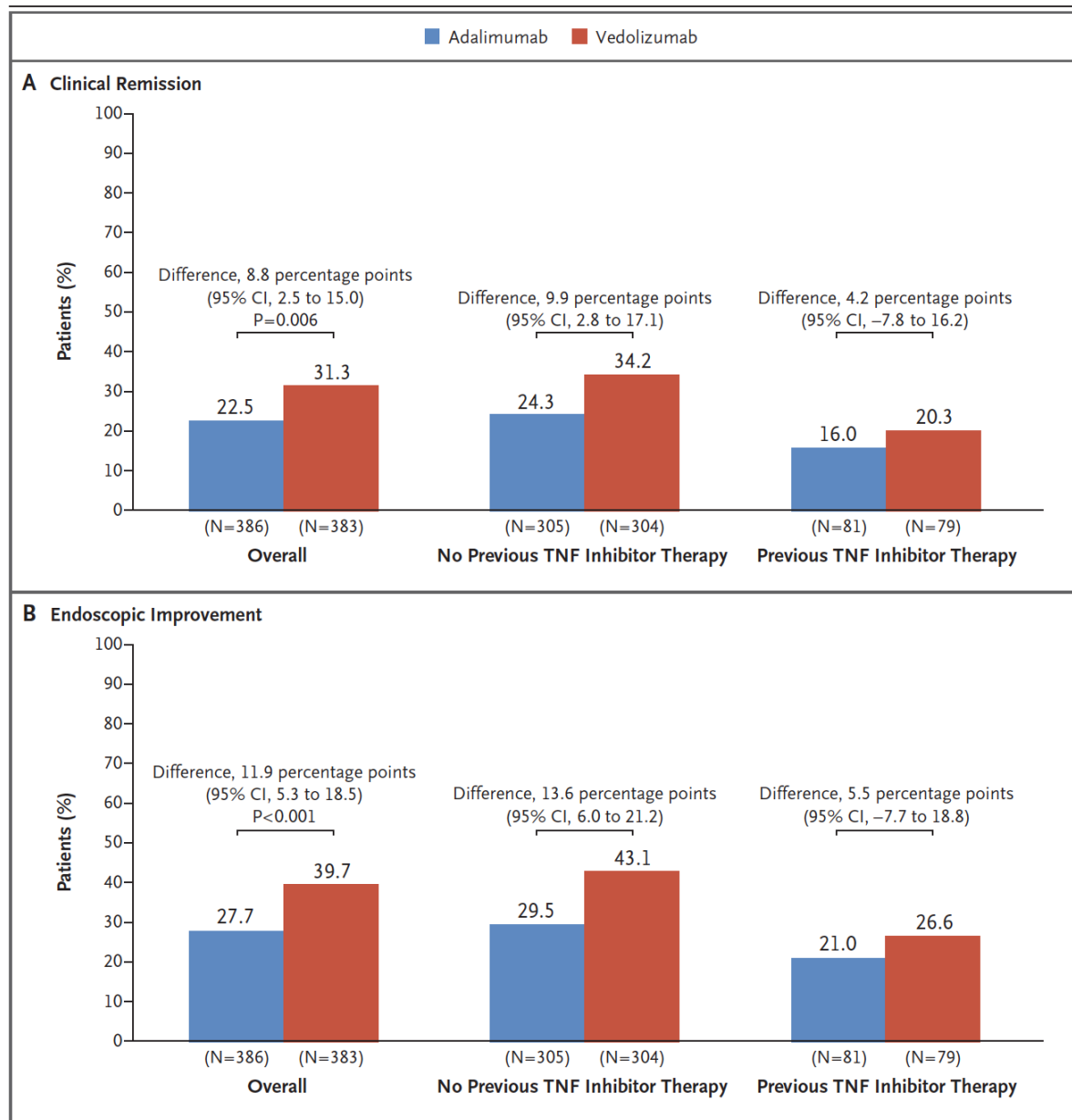
CD

- TNFi
- vedolizumab
- ustekinumab
- risankizumab
- 6-MP/aza
- MTX
- ~~steroids~~

Selection of therapy in US is not guided by best data



VARSIITY: VEDOLIZUMAB VS ADALIMUMAB FOR UC



What next?

- Improves partially
 - Still 8x/day
- Discontinue mesalamine
 - Much improved
- Reluctant to go on to a biologic
 - Tries curcumin
 - Transient improvement
- Much worse
 - Hospitalized

Inpatient

- Refuses steroids
- Trial upadacitinib
 - Rapid response
 - Monitor lipids, CPK, CBC, LFT

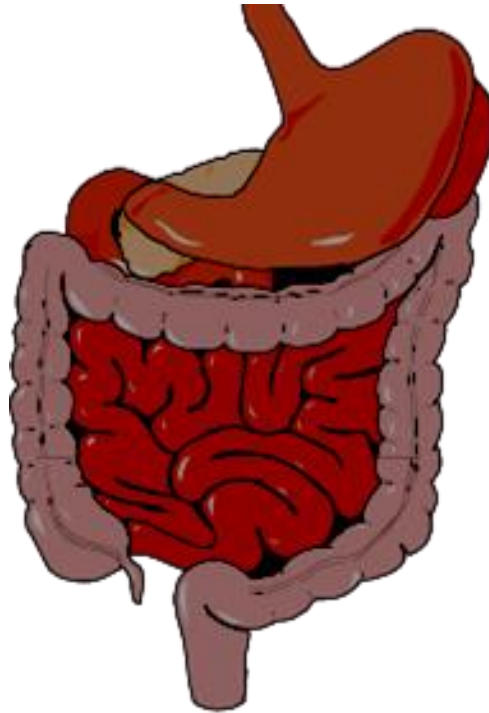
Case #5

- 44 yo woman with a 7 year history of constipation
- Had a colonoscopy 3 years ago;
- Osteoarthritis, hx breast cancer 8 years ago with successful treatment, MI – 6 years ago
- Meds:
 - ibuprofen 600 mg 2-3 times daily
 - Atorvastatin
 - Metoprolol
 - Aspirin
 - Methylcellulose fiber
- PE: normal

Causes of Secondary Constipation^{1,2}

Medications

Antacids
Opioids
NSAIDs
Antihypertensives
Anticholinergics
Iron salts
Calcium channel blockers
Others



Medical causes

Neurologic conditions
Metabolic disorders
End-stage renal disease¹
Painful perianal disease

- Hemorrhoids
- Anal fissures

Constipation further compromises QOL for these patients

Diagnostic Assessment of Chronic Constipation

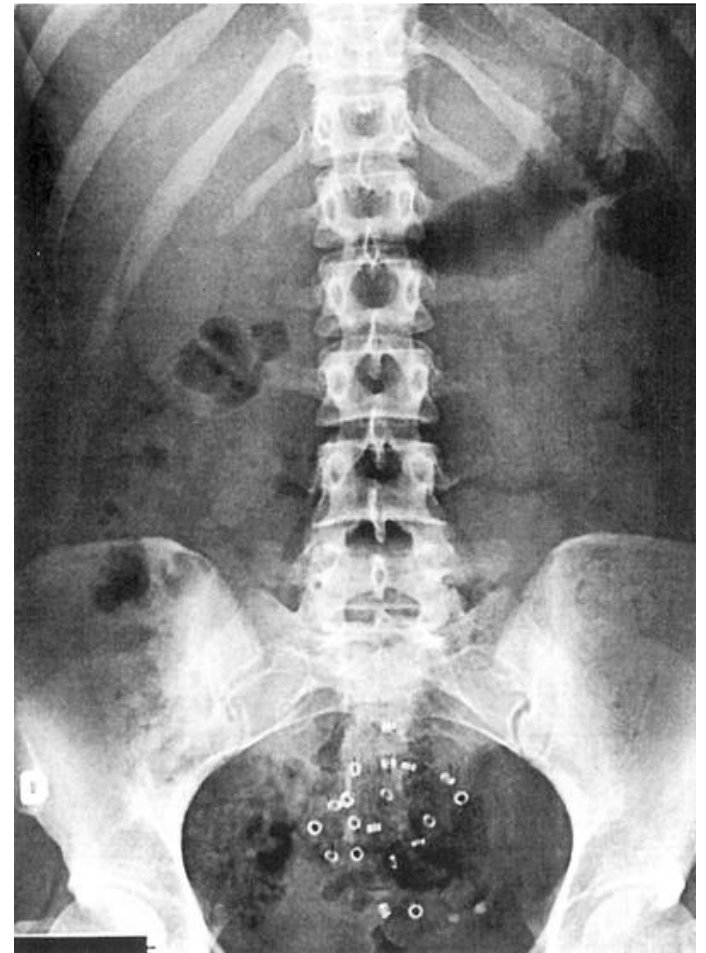
Routine workup

Patient history	Nature of symptoms, duration and characteristics, laxative use, family history of bowel disturbance, assessment of emotional distress or affective disorders
Physical examination	Abdominal examination, anorectal and perianal examination, assessment of neurologic function
Laboratory tests	Glucose, electrolytes including calcium, thyroid function tests
Rule out obstruction	Sigmoidoscopy, colonoscopy
Specialized testing as needed	Barium enema, colonic transit time, anorectal manometry, balloon expulsion, and barium defecography

Evaluation

- Labs: calcium, thyroid, electrolytes, CMP all normal
- Given PEG 3350 (Miralax) with modest response
- Linaclootide tried with mild benefit?
- What next:
 - Repeat colonoscopy?
 - CT scan?
 - Sitz marker study?
 - Medication?

Sitz marker



Anorectal manometry

- Unable to expel balloon
- Pelvic floor dysfunction
- Pelvic floor physical therapy

References

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- 5) Hedrick TL, Friel CM. Constipation and pelvic outlet obstruction. *Gastroenterol Clin North Am.* 2013;42(4):863-876.