

10th Congress of ECCO – Inflammatory Bowel Diseases

PRESS RELEASE

New science, novel therapy and quality of care for IBD

(Vienna, January 21, 2015)

The ECCO Congress is now the largest meeting for specialists in Inflammatory Bowel Disease (IBD) in the world, with over 5,200 people from over 80 countries expected in Barcelona, February 18-21, 2015. New science, novel therapy and quality of care are the theme for this year, with the world's leading experts and IBD specialists, surgeons and specialist nurses.

How does food trigger inflammation? How does lifestyle affect disease? These are the very first talks in the three day ECCO programme, which integrates science and novel therapy into clinical practice. Ulcerative Colitis and Crohn's Disease ('IBD') affect the lives of over 2 million people in Europe and their families, costing over 4 billion euros. The causes are unknown, but the rapid rise in cases in the Gulf, Indian subcontinent, East Asia and Latin America mirror changes that happened in Western Europe and North America fifty years ago.

Highlights of this year's ECCO Congress include analysis of changes in the microbiome (the bugs in the gut), the influence of the environment (the 'exposome') and how to get the best out of conventional care. Data from twin pairs, potentially transmissible agents and drug concentrations in neonates will be presented. The burden of IBD remains substantial, so the current goal is to achieve best control of inflammation, but what impact does that have on outcomes? New Australian data suggest that despite a high cost of investigations and drugs, the need for surgery is now a fraction of former years although surgery rates in Eastern Europe are similar to the West despite a lower drug spend. This is challenging stuff! New therapy always attracts attention and data from a novel inhibitor of lymphocyte trafficking (TURANDOT and OPERA studies) in colitis and Crohn's are being presented. Other new targets include activation of Toll-like receptor 9 and modulation of sphingosine 1-phosphate (S1P) 1 for colitis, both with encouraging data. There are new results from more familiar 'novel' approaches such as stem cell transplant, budesonide MMX and faecal microbiota transplant. The meeting is a veritable Aladdin's cave of treasures.

The best new therapy, however, will do less to reduce the burden of IBD than improving the overall quality of conventional care. This is a theme for the ECCO Congress in Barcelona that will address quality of care, use of resources and outcomes that matter to patients. Great chefs use ingredients, herbs, and timing to perfection. Timing is the art of IBD: [Come to Barcelona and discover](#).

BIOCYCLE selected for European Union funding

The ECCO Congress will provide an opportunity to obtain further news on the BIOCYCLE project, which has been selected for European Union funding in the setting of the Horizon 2020 call. The consortium, led by Edouard Louis as coordinator of the BIOCYCLE project, is currently preparing the grant agreement and the consortium agreement before the funding is definitely confirmed.

The BIOCYCLE project is focussing on the question of the possibility of treatment de-escalation in patients with Crohn's Disease who are in sustained steroid-free remission under combination therapy with infliximab and immunosuppressant. Although this

10th Congress of ECCO – Inflammatory Bowel Diseases PRESS RELEASE

combination therapy is the most efficacious strategy in moderate to severe Crohn's Disease, long-term maintenance is questionable due to cost and safety issues. The core of the BIOCYCLE project is a three-arm controlled trial (the SPARE trial) comparing combination maintenance with infliximab withdrawal and with immunosuppressant withdrawal. Beside clinical efficacy end-points, the project is aiming to assess biomarker prediction, cost-effectiveness, and the perceptions of patients/health care providers/health authorities. To maximise impact, the project is adopting an effectiveness–implementation hybrid design.

This is a wide international collaborative effort with a budget of around 6 million euros over 6 years. The main role of ECCO's Research Ltd. in this project is to be involved in the global critical appraisal of the studied strategies and to play a central role in knowledge management and dissemination.

About ECCO

The European Crohn's and Colitis Organisation (ECCO) is the largest forum for specialists in IBD in the world. ECCO is a highly active non-profit association focusing on IBD, acting inside Europe and encouraging collaboration's beyond Europe's borders. ECCO produces the highly regarded scientific guidelines, organises educational activities, promotes research and represents IBD specialists in gastroenterology, surgery, paediatrics, pathology, radiology and allied professions, working with patient associations and industry to reduce the burden of disease for patients.

About the 10th Congress of ECCO

Around 5,200 delegates are expected to join the 10th Annual Congress of ECCO in Barcelona on February 18-21, 2015. It is the largest IBD Congress in the world. Find more information on www.ecco-ibd.eu/ecco15 and watch the video of the 2014 Congress [here](#).

Public awareness campaigns

ECCO has organised the following campaigns to raise public awareness about IBD at past ECCO Congresses:

- Perspectives on IBD Quality of Care 2014
- Join the fight against IBD 2013
- Join the fight against IBD 2012

Please find further information [online](#).

Please contact the ECCO Office for further information and to request free press accreditation for the 10th Congress of ECCO:

Stefanie Hartmann, MA, Congress Project Manager

Phone: +43 (0)1-710 2242-612; E-mail: s.hartmann@ecco-ibd.eu