



IBD Newsletter

PENN STATE HERSHEY INFLAMMATORY BOWEL DISEASE CENTER

PennStateHershey.org/ibd

IBD Direct Line 717-531-3998

Introducing Dr. Matthew Coates Dedicated to IBD Research



Matthew Coates, M.D., Ph.D.

Dr. Matthew Coates received his M.D. and Ph.D. degrees from the University of Vermont. During his time there, he developed his interest in issues related to inflammatory bowel disease (IBD) and received several awards to support and recognize his IBD-related research endeavors including a NRSA Ruth L. Kirchstein Fellowship Award and the Joseph B. Warshaw, M.D. Scholarship Award. He was also elected to the Alpha Omega Alpha Honor Society at that time to recognize his academic and clinical

excellence. Dr. Coates then completed residency training in internal medicine at Fletcher Allen Healthcare in Burlington, Vermont. He completed a fellowship in gastroenterology at the University of Pittsburgh Medical Center where he received focused training in the management of IBD. During both of these time periods, Dr. Coates continued his research work and was further recognized with other awards including the Fletcher Allen Health Care Internal Medicine Research Award, University of Pittsburgh Clinical and Translational Science Institute Baccor Grant, and an IBD Working Group GI Fellows Research Award. He worked for two years as an assistant professor at the University of Pittsburgh and attending physician at the Veterans Affairs Pittsburgh Healthcare System before joining our team.

We are proud to have Dr. Coates on our staff. He is an Assistant Professor in the Department of Medicine and a member of the Penn State Inflammatory Bowel Disease Center. In addition to IBD patient care, he is actively involved in several basic and translational science research initiatives designed to improve our understanding of IBD and to provide better management options for those suffering from these disorders.

Medical Minute

***It's that time of year again . . .
get your flu shot!***



That's right, it's that time of year again! Sniffles, coughing, fevers, colds and the dreaded flu! Influenza is a virus that infects millions of people every year in the United States according to the Centers for Disease Control. People who have suppressed immune systems are at increased risk. This includes people taking immunomodulators or biologic medicines. Those medicines include: Imuran or azathioprine, 6MP or mercaptopurine, Methotrexate, humira or adalimumab, remicade or infliximab, cimzia or certolizumab, simponi or gadalimumab, entyvio or vedolizumab. The flu vaccine can help protect against catching the flu. People with suppressed immune systems should not get the nasal flu vaccine because it is a live vaccine and they are at increased risk to get the disease. However, these patients should receive the flu shot, which does not have a live virus and does not cause the flu. Another way to protect yourself from the flu is to wash your hands often, especially before eating or touching your face. Stay healthy!

Pediatric Corner

Pediatric Social Worker Impacting the Lives of our IBD Youth



Kristina Englund-Krieger, MSW, LCSW

The Penn State Hershey IBD Center is fortunate to have Kris Englund-Kriegler as part of our IBD team. Kris is a licensed clinical social worker with 25 years of experience. Kris' career in social work has focused on working with pediatric patients and their families. Kris has worked in the school setting and is familiar with working with children who have IEPs and 504 plans. In our Pediatric clinic Kris covers eleven different clinics and helps children and families with identification of community resources, home health agencies, insurance

applications such as Medical Assistance, Prescription coverage, and disease specific resources such as the Crohn's and Colitis Foundation of America (CCFA) organization.

Kris is a vital part of the IBD team and we are excited to have our patients benefit from her talents and expertise.

UPCOMING EVENTS

Penn State Hershey IBD Center Support Group Meeting, UPC 4200, 6:00 p.m. – 8:00 p.m.

- January 6, 2016
- March 2, 2016

NEW! Beginning February 2016: IBD Center Support Group in Elizabethtown, 1 Continental Drive, Elizabethtown, 6:00 p.m. – 8:00 p.m.

- February 3, 2016
- April 6, 2016

CCFA Take Steps Walk

- May 1, 2016, Lehigh Valley

IBD Research Conference for Medical Professionals

- April 29, 2016, University Conference Center

Penn State Hershey IBD Center Participates in National Clinical Trial

The Penn State Hershey IBD Center is participating in a national clinical trial entitled Prospective Cohort of Ulcerative Colitis and Crohn's Disease Patients Undergoing Surgery to Identify Risk Factors for Post-Operative Infection I, also known as "PUCCINI." In it, we follow Crohn's and ulcerative colitis patients who are planning to have abdominal surgery. Our hope is to identify risk factors that lead to poor outcomes of the surgery, such as infection or blood clots. Of particular interest to the study are the IBD medications a patient has taken before the surgery, and when they were taken. Antibody-based drugs like Remicade and Humira are often very effective at suppressing the immune system, which is great if you want to prevent disease flare-ups. However, inflammation is an important part of wound healing and controlling infection, and both of these are needed after an abdominal surgery. Since many patients will try multiple drugs before resorting to surgery, it's common to have these drugs shortly before an operation. Also, antibody-based drugs stay in the human body much longer than most other drugs, so there may be some left in a patient's blood stream when they have the operation. Many studies of these drugs have been done in patients having abdominal surgery, and while most of the studies indicate that the drugs are safe, a few studies do find an increase in risk of complications. Therefore, the Crohn's and Colitis Foundation of America has funded an enormous, nation-wide study to answer the question once and for all. With it, we hope to help IBD providers manage their patients' medical care before surgeries to produce the best possible outcomes and recoveries. So far we have enrolled twenty-two patients at our site, and the study hopes to enroll 1,000 across the country.



**CROHN'S & COLITIS
FOUNDATION OF AMERICA**