



# IBD Newsletter

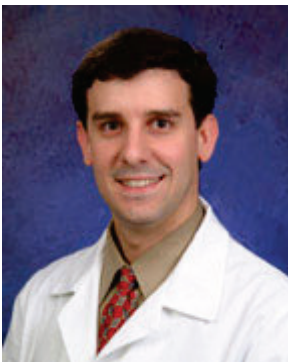
PENN STATE HERSHEY INFLAMMATORY BOWEL DISEASE CENTER

[pennstatehershey.org/ibd](http://pennstatehershey.org/ibd)

717-531-3998

## It Takes a Village:

### *Management of Skin Problems in IBD Patients*



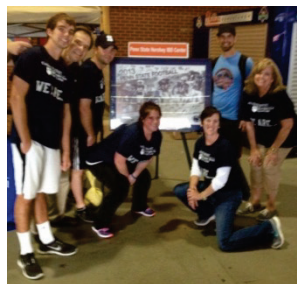
Bryan Anderson, M.D.

Many individuals with inflammatory bowel disease (IBD) struggle with skin issues. Our patients will often present with rashes that are bothersome and have not responded to conventional treatments. We have several colleagues in Penn State Hershey Dermatology who we can rely on; today we want to introduce you to Bryan Anderson, M.D. Dr. Anderson is an associate professor of dermatology at Penn State College of Medicine. Dr. Anderson has a special interest in melanoma and Merkel cell carcinoma, as well as inflammatory skin diseases in patients with IBD. He is co-director of the Penn

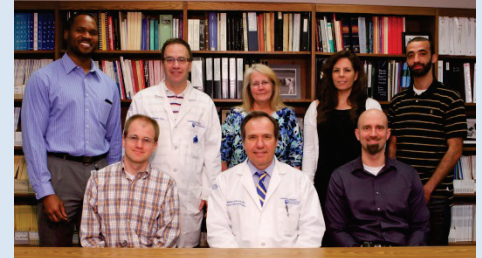
State Hershey multidisciplinary skin oncology clinic and medical director of the dermatology clinic. We are fortunate to be able to collaborate with Dr. Anderson for our IBD patients with skin issues. Dr. Anderson understands that due to the complex nature of IBD and the effect on multiple organ systems, a multidisciplinary approach is of utmost importance. Physicians working in unison with one another in the care of these individuals are critically important to achieve the best outcomes.

## The Take Steps Team with Poster Winner!

The Penn State Hershey IBD Center is a proud sponsor of the Crohn's and Colitis Foundation's "Take Steps" fundraising walks. Pictured here are the members of the Penn State Hershey IBD Take Steps team with poster winner Andrew Dougan at the Philadelphia walk. Please join our team for the Harrisburg walk on Sunday, September 14, 2014. To join the Penn State Hershey IBD Take Steps team, contact our support group facilitator, Rachael Hays via email at [gotgutshmc12@gmail.com](mailto:gotgutshmc12@gmail.com).



**PENN STATE HERSHEY**  
**Inflammatory Bowel Disease Center**



## Update on Research: *Penn State Hershey IBD Registry*

In 1998 physicians and researchers at Penn State Milton S. Hershey Medical Center and Penn State College of Medicine made a long-term commitment to investigating the causes of IBD as a means toward identifying novel therapeutic targets and improving patient care. This has involved establishing and growing the area's first IBD-dedicated BioBank. Today, the IBD BioBank consists of three inter-related components: an IBD patient registry that characterizes the clinical factors that define subcategories of IBD; a DNA bank derived from patient leukocytes immortalized by viral transformation; and an IBD tissue library, harvested at the time of surgery.

DNA is derived from registry participant's immortalized leukocytes and is used in research aimed at identifying IBD-associated genes, with the goal of identifying genetic factors that can predict or affect clinical care

*(Continued on page 2)*

# Pediatric Corner:

## *Pediatric GI Joins Nationally Recognized Program*



*Mark Schaefer, M.D., M.P.H. with patient.*

The pediatric gastroenterology program at Penn State Hershey Children's Hospital, began enrolling its first patients into the Improve Care Now (ICN) network the first quarter of 2014, making it the only hospital in central and western Pennsylvania – and just the second in the state – to become part of this internationally recognized program.

ICN is a network of more than fifty pediatric gastroenterology divisions throughout the United States, Canada, and Great Britain focused on the health of children with inflammatory bowel disease (IBD), which includes patients with Crohn's disease and ulcerative colitis. The network celebrates its tenth anniversary later this year.

"Improving the quality of care for pediatric patients suffering from IBD has always been our goal," said Marc E. Schaefer, M.D., M.P.H., Penn State Hershey physician leader for the ICN program. "By joining forces with Improve Care Now, our physicians and nurse practitioners have access to medical data to treat these children even more effectively."

Medical centers in the ICN program pool their information on drugs, treatment techniques, and success rates, and routinely discuss strategies for specific conditions and anticipated results. Worldwide, patients who are treated by doctors in the ICN program exhibit a 77 percent remission rate with 47 percent of those patients sustaining their remission for at least one year. In addition, 90 percent show satisfactory nutrition and 92 percent have satisfactory growth. Children who are cared for by providers with the Penn State Hershey IBD Center benefit from this very program.

"ICN makes it a priority to better understand what young patients with IBD are going through," Schaefer explained. "We involve families as a key part of improving the quality of care. Patients may not be compliant with taking their medications or may have sources of stress that are making them feel worse. We need to know the underlying reasons for any problems, so we can offer education and strategies for improvement."

## UPCOMING EVENTS

Penn State Hershey IBD Center Support Group Meetings:-

- July 2, 2014
- September 3, 2014

CCFA Harrisburg Take Steps Walk -

- September 14, 2014  
Attend and you could win an autographed Penn State football poster!

Penn State Hershey IBD Patient Symposium (Harrisburg):

- September 16, 2014

## Update on Research:

*IBD Registry (cont'd from page 1)*

and outcome of therapies. The IBD Biobank has become a rich and valuable resource for investigators who are focused on the study of IBD-associated pathology. Other researchers at the Medical Center have launched long-term research programs that involve studying genetic factors which affect and predict IBD-related disease phenomena, including pouchitis, altered intestinal permeability, and even more common pathology like diverticulitis. Their projects identify the genes and cellular pathways that control the inflammatory cascade in the human intestine and its relation to the emergence and progression of IBD. The sharing of clinic perspectives and biologic material, uniquely available at institutions such as the Medical Center will continue to inspire new direction in IBD clinical research. Interested in participating in the Biobank? Contact us at [HersheyIBD@hmc.psu.edu](mailto:HersheyIBD@hmc.psu.edu).