

International Conference and Exhibition on Gastrointestinal Therapeutics

August 25-27, 2015 Valencia, Spain



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Up-to-date in IBD: Where we are now and where we are heading to

Inflammatory bowel disease, mainly Crohn's disease and ulcerative colitis, still draw great attention to the researchers and still challenge the gastroenterologists in their clinical daily practice mainly due to a not yet fully understood mechanism of action, an increase in the prevalence of the disease in some areas and last but not least due to more and more demanding treatments. We have now all the necessary means for an optimal and prompt diagnosis using promising non-invasive new biomarkers (like fecal calprotectin) with good correlation with the endoscopic investigations and histological assessment. The colonoscopic assessment of mucosal healing was clearly demonstrated to be crucial in the management of inflammatory bowel disease and all gastroenterologists should aim this target. We have now, new and varied therapeutic options, in the era of anti TNF-alfa agents which are of great help. Moreover, we have wonderful clinical studies that already brought new insights in IBD and that validated some novel therapies and also promising ongoing studies with new molecules and new targets. The final goal must lead therefore to decrease in corticosteroid use, duration of hospitalization, decreased number of surgery, less patients diagnosed with cancer after longstanding disease and of course, increased and prolonged remission, aiming the ultrastructural and functional healing. We must clearly see the financial costs of all this aspects for optimizing them and above this to pay great attention to risks that might overcome benefits in order to place our patient with inflammatory bowel disease in the center of our attention and care.

Biography

Fratila Ovidiu completed his MD and PhD at Iuliu Hatieganu University of Medicine from Cluj-Napoca, Romania. He is an Associate Professor at University of Oradea and Head of the Internal Medicine Department from Emergency Clinical County Hospital from Oradea. He has published many papers in well-known journals and also several books in the field of Internal Medicine and Gastroenterology. He has participated actively in many renowned international conferences and congresses. He is also involved in conducting clinical trials especially concerning inflammatory bowel disease. He is a member in many European profile societies like European Society of Gastrointestinal Endoscopy, European Association for the Study of the Liver, European Society of Digestive Oncology, European Society of Digestive Oncology, European Crohn's and Colitis Organisation. Currently, he is also a Distinguished Member of the Russian Academy of Natural Sciences.

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