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Inflammatory bowel disease in children: Recent advances

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Inflammatory Bowel Disease (IBD) is a common and chronic problem occurring in developed countries. However, incidence of IBD is rising all over the world in adults and children. IBD in children presents a unique challenge as IBD can affect puberty and growth in children. Recently there have been significant advances in IBD in diagnostics and therapeutics. Our group has been active in clinical research in all aspects of IBD in children. We have reported a largest case series of duodenitis in children. We studied our pathology database of over 3000 biopsies and found 412 cases of duodenitis over 7 years. We have described unique features of duodenitis in children with IBD. In another study, we correlated inflammatory markers namely CRP and ESR with clinical, radiological, endoscopic and histological activity of IBD in our patients. We reported poor correlation of ESR and CRP in small bowel Crohn's disease and ulcerative colitis. Our group was the first to describe use of marijuana in young adults with IBD. We found that 70% of young adults (18-21 years) with IBD were using marijuana. They reported significant improvement in clinical symptoms such as nausea, poor appetite, diarrhea and abdominal pain. We recently reported an interesting case of a boy with celiac disease and ulcerative colitis. Then we studied prevalence of celiac disease and celiac serology in children with IBD and reported similar prevalence as seen in general population. Inflammatory bowel disease is a complicated chronic disorder and recent advances will improve care of children with IBD. Our studies contribute to the literature and help clinicians taking care of children with IBD. Our studies describe significance of duodenitis, utility of ESR and CRP and growing use of marijuana in young adults with IBD.

Biography

Dinesh S Pashankar is an Associate Professor of Pediatrics and Pediatric Gastroenterologist at Yale University, USA. He has work experience in different countries including India, UK, Canada and United States. His clinical interests include constipation therapy and inflammatory bowel diseases. He directs a multidisciplinary comprehensive Pediatric IBD program at Yale. He is an active researcher and has published more than 70 papers and reviews in leading international journals. He has authored book chapters and has given talks in international conferences all over the world. He has an MBA from Yale and has expertise in quality and process improvement in clinical practice.

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