

Report: IBD Interest Group Meeting Date: Saturday

16 November 2024

Venue: Vineyard Hotel, Cape Town

The annual IBD Interest Group meeting at the picturesque Vineyard hotel brought together leading gastroenterologists and surgeons to discuss contemporary insights and advances in Inflammatory Bowel Disease (IBD) management.

The meeting was opened by Professor Chris Kassianides , who once again provided an excellent and inspiring overview of the incredible work done by the Gastro Foundation. I was particularly excited to hear about the introduction of a new interest group meeting on oesophageal pH monitoring, my research focus at GSH. The morning session, chaired by Dr Neo Seabi and Professor Mashiko Setshedi, featured a diverse range of presentations covering critical aspects of IBD.

Dr Thania Kahn, fresh from her IBD fellowship at St Marks in London, provided evidence-based nutritional guidelines addressing diet in Crohn's Disease – a topic of significant patient interest. Her presentation offered comprehensive insights into dietary interventions for IBD management.

Dr Simon Veenstra delivered an excellent case presentation on Hypereosinophilic syndrome and Eosinophilic Gastrointestinal Disease, highlighting complex diagnostic and management challenges, including the overlapping features with IBD. Dr Ernst Fredericks presented a compelling case of a respiratory complications following anti-TNF agent initiation, including the additional complexity of drug-induced Systemic Lupus Erythematosus (SLE).

Professor Gill Watermeyer and Dr Neo Seabi provided a state-of-the-art update on emerging therapeutic strategies, focusing on IL-23 inhibitors and small molecules respectively. These presentations underscored the rapidly evolving landscape of targeted IBD therapies.

Dr Dion Levin's presentation on ulcerative proctitis was characteristically entertaining and captivating, offering valuable insights into this often-overlooked IBD phenotype. Dr Daniel Surridge complemented the scientific program with a comprehensive update on IBD surgical approaches.

A particularly patient-centric presentation by Sr Karin Davidson explored the "treat to target" approach, emphasizing what truly matters to patients in IBD management.

As has become customary, the organization, planning and logistics of this annual IBD interest group meeting was outstanding. A huge thank you to Professor Gill Watermeyer, Ms Bini Seale, the Gastro Foundation and all the amazing sponsors for once again organizing an outstanding educational meeting.