



THE
GASTROENTEROLOGY FOUNDATION
OF SOUTH AFRICA

Non-Gain Trust IT4253/2006 ~ Established 2006

IBD and Microbiota **Saturday 20 June 2015** Vineyard Hotel, Cape Town

Professor Gerhard Rogler has become a regular visitor to South Africa and always provides interesting talks and stimulating discussion at the Gastro Foundation IBD interest group meetings. This meeting focussed on the current topic of IBD and the microbiome.

Professor Rogler is Professor of Gastroenterology and Hepatology at the University of Zurich in Switzerland. He has published widely on topics such as mucosal inflammation, innate immunity, IBD, intestinal fibrosis and inflammation associated with colon cancer. He is a respected member of IOIBD and ECCO.

Dr Gill Watermeyer, Head of the IBD clinic at Groote Schuur Hospital and a respected leader in the field, began the meeting with a critical evidence based evaluation on the role of probiotics in antibiotic associated diarrhoea and IBD. She described the use of Lactobacilli and Bifidobacteria in antibiotic associated C difficile infection together with S boulardi (Interflora) emphasizing that the latter was the only registered probiotic in South Africa. Furthermore there is no role for probiotic use in Crohns disease but there is a therapeutic role for VSL#3 in pouchitis and for the use of the probiotic E coli Nissle in the maintenance of Ulcerative Colitis.

Prof Rogler then explored the impact of lifestyle changes on the course of IBD showing interesting data on socio - environmental factors which might aggravate the disease such as air travel and exposure to high altitude. A second talk was an update on recent randomized trials of Faecal Microbiota Transplantation(FMT) in IBD and particularly the use of FMT in Ulcerative colitis which is showing promise. This is a topical issue in the field of IBD. The final talk on the use of calprotectin and CRP in monitoring asymptomatic patients with IBD emphasized that calprotectin is becoming a useful non invasive test for monitoring patients with asymptomatic disease who flare before symptoms become apparent .

The case discussions provided by Dr Sabelo Hlatshwayo, Dr David Epstein and Dr Leolin Katsdzira produced lively debate.

A second meeting was held in Johannesburg at the Wanderers Club on the evening of Tuesday 23 June 2015. Despite the cold we had a good turnout of people with talks by Dr Gill Watermeyer on the use of probiotics and an update on FMT in IBD by Professor Gerhard Rogler.

We wish to thank our sponsors for the support.

