

Why did EFCCA decide to focus on IBD in People aged 60 plus?

Stockholm, 22 February 2024



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Context: Working methodology of EFCCA



Why this age group?

IBD population is ageing fast

Next decade 1/3 of all patients with IBD will be older adults¹

Increase in “older-onset” diagnosis

10-15% of newly diagnosed people are 60 years or older²

Limited Scientific Evidence for This Age Group



Therapeutic management in older patients with IBD

Where do
we stand?



- **Little evidence-based treatment guidance**¹
Observational data or indirect evidence
Most therapy used in elderly not specifically tested in this population
~ 5.4% of all IBD patients in phase 3 studies is ≥ 65 years³
- **No well-defined treatment targets focused on older patients**¹
- **Long-term corticosteroid use common**²



Therapeutic management in older patients with IBD

- **Lower use of immunomodulators/biologicals**
(compared to adult IBD patients)⁴
- **Increased risk for treatment-related complications**
Corticosteroids (short-and long-term complications)⁵
Immunosuppression (increased risk for infection and malignancy)⁶

1. **Siddharth Singh et al.** Management of inflammatory bowel diseases in older adults, *The Lancet Gastroenterology & Hepatology*, Volume 8, Issue 4, 2023, Pages 368-382, ISSN 2468-1253.

2. **Rozich JJ, et al.** Progression of Elderly Onset Inflammatory Bowel Diseases: A Systematic Review and Meta-Analysis of Population-Based Cohort Studies. *Clin Gastroenterol Hepatol.* 2020 Oct;18(11):2437-2447.e6. doi: 10.1016/j.cgh.2020.02.048. Epub 2020 Mar 3.

3. **Vieujean, Sophie et al.** Is it time to include older adults in inflammatory bowel disease trials? A call for action. *The Lancet Healthy Longevity*, Volume 3, Issue 5, e356 - e366.

4. **Charpentier C, Salleron J, Savoye G, Fumery M, Merle V, Laberrenne JE, Vasseur F, Dupas JL, Cortot A, Dauchet L, Peyrin-Biroulet L, Lerebours E, Colombel JF, Gower-Rousseau C.** Natural history of elderly-onset inflammatory bowel disease: a population-based cohort study. *Gut.* 2014 Mar;63(3):423-32. doi: 10.1136/gutjnl-2012-303864. Epub 2013 Feb 13. PMID: 23408350. / **Johnson SL, Bartels CM, Palta M, Thorpe CT, Weiss JM, Smith MA.** Biological and steroid use in relationship to quality measures in older patients with inflammatory bowel disease: a US Medicare cohort study. *BMJ Open.* 2015 Sep 7;5(9):e008597. doi: 10.1136/bmjopen-2015-008597. PMID: 26346875; PMCID: PMC4563221.

5. **Lewis JD et al.** Increased Mortality Rates With Prolonged Corticosteroid Therapy When Compared With Antitumor Necrosis Factor- α -Directed Therapy for Inflammatory Bowel Disease. *Am J Gastroenterol.* 2018 Mar;113(3):405-417.

6. **Borren NZ, Ananthkrishnan AN.** Safety of Biologic Therapy in Older Patients With Immune-Mediated Diseases: A Systematic Review and Meta-analysis. *Clin Gastroenterol Hepatol.* 2019 Aug;17(9):1736-1743.e4. doi: 10.1016/j.cgh.2018.12.032. Epub 2019 Jan 4.

The IBD Patient Perspective

- Reps from 8 EFCCA members aged 60 plus participated to discuss unmet needs of that age group
- **Main challenges** identified:



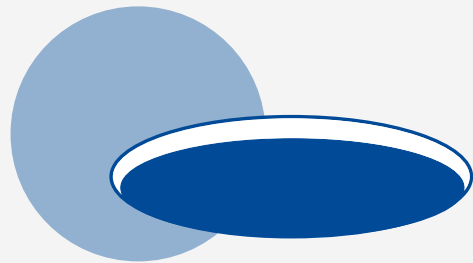
Managing the disease alongside **age-related health issues**

Maintaining a good **quality of life** and **independence**

“When it comes to IBD, there is **no 'typical' older person.**” - patient centric care

Knowledge gaps

What are the
knowledge
gaps?



- **Large-scale** clinical trial data
- **Global** IBD epidemiology and characteristics (frailty/comorbidity) of older patients with IBD
- Current **management** of older patients globally
- **Risk** stratification strategies
- Patient **reported outcomes**: therapy goals and quality of life



Alignment with EFCCA Strategy Plan



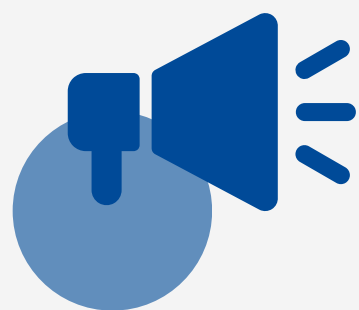
Awareness raising campaign



IBD Has No Age campaign (2022-2023):

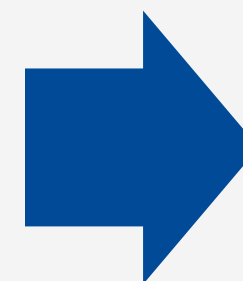
To raise awareness and better understanding of the impact of IBD on the elderly IBD population

Alignment with EFCCA Strategy Plan



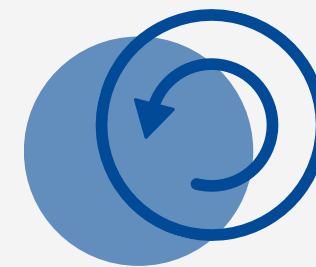
Advocacy

- Addressing the specific needs of People Aged 60 and Over
- Generate scientific evidence to stimulate discussions and research



Collaboration with Leiden University Medical Center (LUMC) to develop survey on people with IBD aged 60 and over

Conclusions



Addressing Challenges that Matter to Our Community

Fostering a Holistic Approach: Improving the Quality of Life and Quality of Care for IBD people aged 60 plus

Mindset around aging needs to change



Thank you!