

Expert Care With a Commitment to Quality

Inflammatory Bowel Disease (IBD) affects more than one million people nationwide. However, many patients do not know about the advanced treatment options available.

The objective of UPMC Total Care-IBD is to explore all treatment options to determine what works best for each patient. As the nation's first patient-centered multidisciplinary program for people with IBD, this program provides UPMC Health Plan patients with enhanced access to their IBD specialist and other health care professionals, in addition to a full spectrum of support services that allow them to regain control of their IBD.

Experts at the UPMC Inflammatory Bowel Disease Center focus on all aspects of care for those diagnosed with IBD, including advanced gastrointestinal procedures, innovative therapies, and the quality-of-life issues that patients face daily.

These certified gastroenterologists, the very same experts who are furthering the field through extensive clinical research, work together with other experts to provide quality care in these areas:

- **Diagnostics and Therapeutics**
- **Cancer Surveillance**
- **Women's Health**
- **Intestinal Rehabilitation and Colorectal Surgery**
- **Mental Health, Pain Management, and Stress Reduction**
- **Nutrition and Wellness**
- **Transitioning Care from a Pediatric to Adult Gastroenterologist**

To learn more or to enroll in UPMC Total Care-IBD contact **412-647-2183**.



Our Locations

Our gastrointestinal experts accept all UPMC Health Plan IBD patients throughout western Pennsylvania and offer telemedicine access in certain geographies.

Main center:

Digestive Disorders Center

UPMC Presbyterian
200 Lothrop St., 3rd Floor
Pittsburgh, PA 15213

Additional Location:

Our UPMC Total Care-IBD services are also provided via telemedicine. Contact your doctor to set up an appointment today.

For more information about UPMC Total Care-IBD contact **412-647-2183**.



UPMC Total Care-IBD

Part of the UPMC Inflammatory Bowel Disease Center

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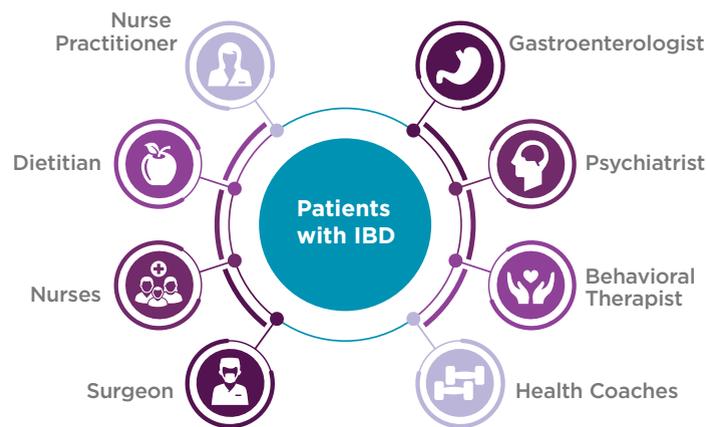


Understanding IBD

Inflammatory bowel disease (IBD) is a set of diseases which causes the digestive tract to become inflamed, initiating pain, intestinal bleeding, diarrhea, and weight loss. The long-term complications and a cure for IBD remain undiscovered; however, ground-breaking research is being performed within the UPMC IBD Center related to genetic causes, immunological influences, and environmental triggers.

Patients have access to a unique team of providers and programs, including:

- Behavioral Therapist
- Psychiatrist and Psychologist
- Nurse practitioner
- Specialized dietitian
- Colorectal surgery
- Priority access to clinical trials
- Open access to your care team, including office visits, telephone calls, and video telemedicine
- Ancillary care services aimed at improving quality of life
- Access to digital behavioral and wellness tools with embedded health coaches



In addition to all FDA-approved IBD treatments including anti-inflammatory agents, immunomodulators, biologic therapies, and small molecule therapy, we use evidence-based approaches to treat complicated and resistant cases, including combining multiple medications at the same time.

Clinical trials are available for patients who want to try cutting-edge medications or have failed standard therapies.

We work to minimize the cost of care by considering out-of-pocket expenses to the patient and using less expensive medications when appropriate.

What is UPMC Total Care-IBD?

Chronic diseases like IBD can lead to unexpected hospital visits, high medical costs, and a lower quality of life. As part of UPMC Total Care-IBD, our team provides the full scope of care for physical and psychosocial wellness.

This targeted coordination of care has been shown to lead to better medical coordination, fewer hospital visits, and an improved quality of life.

Our experts develop individualized treatment plans for:

- Crohn's disease
- Ulcerative colitis
- Microscopic colitis
- Pouchitis
- Surgery

Medical Nutrition Therapy for IBD

The UPMC Total Care-IBD team provides resources to help patients navigate nutrition and wellness, including medical nutrition therapy for IBD. These services include individualized nutrition counseling by a GI-specialized registered dietitian nutritionist (RDN) to help patients alleviate symptoms and understand what to eat and drink using science-based therapeutic diets that best meet their nutrition goals. These services are offered either during the Total Care "team" visit or through tele-health or in-person visits when needed.



Behavioral Health for IBD

Living with IBD can be stressful for many reasons, including adjusting to a new IBD diagnosis or managing the impact of symptoms on life, work, and relationships, and many patients notice that stress can worsen their GI symptoms. The UPMC Total Care-IBD Program behavioral health experts include a GI-specialized psychiatrist as well as clinical social workers who can help manage the intersection of mental health and digestive disorders. The behavioral team addresses the mental health needs of individuals with IBD including but not limited to stress, anxiety, depression, insomnia and fatigue, and chronic pain.

Evaluations and treatments are available via in-person or virtual appointments. Interventions include evidence-based behavioral therapies such as cognitive behavioral therapy, dialectical behavioral therapy, mindfulness-based therapy, and gut-focused hypnosis, as well as psychotropic management and digital behavioral tools.

Women's Health with IBD

We collaborate with specialists at UPMC Magee-Womens Hospital to address reproductive issues in female patients, and to help pregnant women with Crohn's disease and ulcerative colitis to identify healthy reproductive and family planning goals.

In addition to the key services listed above, care coordination is provided for dermatology, eye care, rheumatology, pain management, and transition from inpatient to outpatient care. Every patient is different, and the UPMC Total Care-IBD treatment team will partner with you to individualize your care.

UPMC Total Care-IBD provides patients with enhanced access to their personal health care team. The wide range of IBD treatments, preventive care, and behavioral health care are all handled by a health care team you can rely on.

How do I enroll?

To learn more or to enroll in UPMC Total Care-IBD contact 412-647-2183.