

A CASEWISE™ INITIATIVE

# MISSION: ~~IMPOSSIBLE~~

*Matching Treatment Goals of Patients  
and Providers in IBD in Clinical Practice*

LIVE SYMPOSIUM

**Friday, January 23, 2026**

Lunch/Doors open: 11:30 AM • Presentation: 12:00–2:00 PM

Bellagio Hotel & Casino • Raphael 1/2

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the Crohn's & Colitis Congress®.*

**CME**  
OUTFITTERS 

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## Activity Description

Despite major advances in inflammatory bowel disease (IBD) management, real-world data show that many patients continue to experience suboptimal outcomes due to misaligned treatment goals, therapeutic inertia, and limited integration of novel therapies, particularly IL-23 inhibitors—into individualized care plans. While gastroenterologists and other members of the care team are increasingly aware of new efficacy and safety data, many report uncertainty in selecting, sequencing, and communicating these treatment choices in ways that align with patient preferences, quality-of-life (QoL) priorities, and long-term disease control.

This fast-paced and highly interactive live CaseWise™ symposium from CME Outfitters will bring real-world clinical decision-making to life. Through dynamic patient cases, learners will compare their treatment choices to those of leading experts, peers in the room, providers in the community, patients themselves, and even AI-based insights. Learners will see how evidence translates into practice, what doesn't, and why. Designed to challenge assumptions and sharpen strategy, this immersive format empowers clinicians to immediately apply the latest IL-23 inhibitor data, enhance communication and shared decision-making (SDM), and deliver truly patient-centered IBD care.

## Target Audience

Gastroenterologists, gastroenterology fellows, nurse practitioners (NPs), and physician associates (PAs)

## Financial Support

Supported by an educational grant from Johnson & Johnson.

## Faculty

**Miguel Regueiro**  
MD (Moderator)

**Anita Afzali**  
MD, MPH, MHCM,  
FACG, AGAF

**Edward L. Barnes**  
MD, MPH

**Angelina Collins**  
MSN, ANP-BC

## Learning Objectives

At the conclusion of this activity, learners will be able to better:

- Integrate the latest data and guideline recommendations for IL-23 inhibitors into clinical practice as part of treatment selection for patients with IBD
- Develop treatment plans utilizing effective communication and SDM strategies that factor in patient needs, preferences, QoL considerations, and treatment goals to optimize adherence and long-term outcomes
- Evaluate the latest clinical trial efficacy and safety data for recently approved IL-23 therapies in IBD
- Utilize the latest clinical evidence in real-world patient scenarios

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## Accreditation



### Jointly Accredited Provider

In support of improving patient care, CME Outfitters, LLC, is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

### Physicians (ACCME)

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### Nurses (ANCC)

This activity is designated for 2.0 contact hours.

**Note to Nurse Practitioners:** The content of this CNE activity pertains to Pharmacology.

**California Residents:** Provider approved by the California Board of Registered Nursing, Provider # CEP 15510, for 2.0 Contact Hours.



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### RCP Canada

Through an agreement between the Accreditation Council for Continuing Medical Education and the Royal College of Physicians and Surgeons of Canada, medical practitioners participating in the Royal College MOC Program may record completion of accredited activities registered under the ACCME's "CME in Support of MOC" program in Section 3 of the Royal College's MOC Program.



### MIPS

Completion of this accredited CME activity meets the expectations of an Accredited Safety or Quality Improvement Program (IA\_PSPA\_28) for the Merit-based Incentive Payment Program (MIPS). Clinicians should submit their improvement activities by attestation via the CMS Quality Payment Program website.

### Certificate of Participation

This activity was certified for a maximum of 2.0 *AMA PRA Category 1 Credit(s)*™.



### ABIM MOC

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 2.0 MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

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## Faculty



### **Miguel Regueiro** MD (Moderator)

Chief, Digestive Disease Institute  
Cleveland Clinic  
Professor, Department of Medicine  
Cleveland Clinic Lerner College of Medicine  
of Case Western Reserve University  
Cleveland, Ohio

**Miguel Regueiro, MD**, is the chief of the Digestive Disease Institute at Cleveland Clinic, and a professor in the Department of Medicine, Cleveland Clinic Lerner College of Medicine of Case Western Reserve University. He is responsible for the clinical operations and academic mission of the Institute, which includes the departments of general surgery, colorectal surgery, gastroenterology, hepatology, and nutrition with sites in Ohio, Florida, London, and Abu Dhabi.

Dr. Regueiro's main clinical and research interest is inflammatory bowel diseases (IBD) with a focus on the natural course and medical-surgical management of Crohn's disease and ulcerative colitis. He leads research on postoperative prevention of Crohn's disease, as well as developing new models of healthcare, including the first-of-its-kind specialty medical home for IBD.



### **Anita Afzali** MD, MPH, MHCM, FACG, AGAF

Professor of Medicine  
Interim Chair, Department of Internal Medicine  
University of Cincinnati College of Medicine  
Cincinnati, Ohio

**Anita Afzali, MD**, is a professor of medicine and the James F. Heady Endowed Chair in Medicine. She serves as executive vice chair of the Department of Internal Medicine at the University of Cincinnati (UC), associate chief medical officer of UC Health Systems, and was recently appointed the inaugural Physician Operations Executive for UC Health, leading system-wide service optimization. In November 2025, she assumed the role of interim chair of the Department of Internal Medicine.

An internationally renowned, board-certified gastroenterologist, public health professional, and health-systems redesign leader, Dr. Afzali is an accomplished physician executive with extensive experience in academic medicine, advanced clinical care in inflammatory bowel disease, and global clinical research as a principal investigator for novel therapies and diagnostic trials. She is widely recognized as an innovator and expert in program development and healthcare operations, known for creating national programs, forging multidisciplinary and strategic partnerships, fostering community engagement, and advancing entrepreneurial initiatives.

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## Faculty



### Edward L. Barnes MD, MPH

Associate Professor of Medicine  
University of North Carolina at Chapel Hill  
Chapel Hill, North Carolina

Edward L. Barnes, MD, MPH, is an associate professor of medicine in the Division of Gastroenterology and Hepatology and co-director of the Multidisciplinary Inflammatory Bowel Diseases Center at the University of North Carolina–Chapel Hill. Dr. Barnes has a research interest in the epidemiology and clinical outcomes of patients with inflammatory bowel disease, with a particular interest in improving our understanding of inflammatory conditions of the pouch after restorative proctocolectomy with ileal pouch anal anastomosis (IPAA).



### Angelina Collins MSN, ANP-BC

Nurse Practitioner  
Inflammatory Bowel Disease Center  
UC San Diego Health  
La Jolla, California

Angelina Collins, MSN, ANP-BC, is a board-certified adult nurse practitioner at the Inflammatory Bowel Disease Center at the University of California–San Diego. She received her nursing and master in nursing degrees from the University of San Diego.

Ms. Collins is passionate about educating nurse practitioners and physician assistants in the comprehensive management of inflammatory bowel disease and has served as faculty for Advances in Inflammatory Bowel Diseases (AIBD) Advanced Practice Providers (APP) Institute, Crohn's and Colitis Congress, Gastroenterology and Hepatology Advanced Practice Providers (GHAPP), IBDHorizons APP, IBD Cutting Edge; is a steering committee member of Milestone APP; and is co-director of ChatAPP, a monthly IBD case series for APPs.



## Contributing Key Opinion Leaders



### **Jessica R. Allegretti** **MD, MPH, FACG, AGAF**

Medical Director, Infusion Services  
Director, Crohn's and Colitis Center  
Division of Gastroenterology, Hepatology and Endoscopy  
Brigham and Women's Hospital  
Associate Professor of Medicine, Harvard Medical School  
Cambridge, Massachusetts

Jessica R. Allegretti, MD, MPH, FACG, AGAF, is an associate professor of medicine at Harvard Medical School and serves as the medical director of the Crohn's and Colitis Center at Brigham and Women's Hospital, where she built and leads the Clinical Trials and the Fecal Microbiota Transplant programs. She graduated from The Miller School of Medicine at the University of Miami in Miami, Florida; trained in internal medicine at Massachusetts's General Hospital; and completed her gastroenterology fellowship training at Brigham and Women's Hospital before joining faculty there. She later earned a master of public health degree from the Harvard School of Public Health.

Dr. Allegretti is a physician-scientist dedicated to discovering and developing innovative microbiome therapeutics and novel treatments for inflammatory bowel disease (IBD). Her research focuses on the mechanism of recurrent *C. difficile* infection (CDI) and the intersection of CDI and IBD. She has received funding from the National Institutes of Health (NIH), the American College of Gastroenterology, and the Crohn's and Colitis Foundation. She has authored more than 100 peer-reviewed publications and has been featured on HBO, BBC, and Netflix, in the *New York Times*, and in numerous other media outlets. Dr. Allegretti has also received the Sherman Emerging Leader Prize for Excellence in Crohn's and Colitis.

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## Contributing Key Opinion Leaders



### Edward V. Loftus, Jr. MD

Maxine and Jack Zarrow Family Professor  
of Gastroenterology  
Mayo Clinic College of Medicine and Science  
Rochester, Minnesota

Edward V. Loftus, Jr., MD, is a gastroenterologist with extensive experience as a lecturer and clinician researcher in the field of inflammatory bowel diseases (IBD). He is the Maxine and Jack Zarrow Family Professor of Gastroenterology Specifically for IBD at Mayo Clinic College of Medicine and Science in Rochester, Minnesota. Professor Loftus has published more than 600 original articles, book chapters, or editorials, and over 800 abstracts. He was awarded American Gastroenterological Association's Distinguished Clinician Award and the Immunology, Microbiology & Inflammatory Bowel Diseases (IMIBD) section's Research Mentor Award in 2019. Dr. Loftus has been the principal investigator on several funded studies focusing on the epidemiology and natural history of IBD and has served as the local PI on multiple clinical trials of investigational agents for IBD. He serves on the steering committees and data safety monitoring boards of several clinical development programs in IBD.



## Contributing Key Opinion Leaders



### Millie D. Long MD, MPH

Professor of Medicine  
Chief, Division of Gastroenterology and Hepatology  
University of North Carolina at Chapel Hill  
Chapel Hill, North Carolina

Millie D. Long MD, MPH, is board certified in internal medicine, preventive medicine, and gastroenterology. She received her medical degree from the University of Virginia in 2002. She then completed residency in internal medicine and a chief residency at the University of Alabama–Birmingham. Dr. Long completed fellowships in gastroenterology and hepatology, preventive medicine, and inflammatory bowel disease, all at the University of North Carolina (UNC). She is currently a professor of medicine in the Department of Medicine and chief of the Division of Gastroenterology and Hepatology at UNC–Chapel Hill.

Dr. Long’s clinical practice is at the UNC Multidisciplinary Inflammatory Bowel Diseases Center. Her research interests include prevention of complications of inflammatory bowel disease (IBD), women’s health, and clinical epidemiology. She is currently a co-principal investigator for the Pregnancy in IBD and Neonatal Outcomes (PIANO) study. Dr. Long has contributed more than 200 peer-reviewed publications, book chapters, and review articles to the medical literature. She is the current co-editor in chief of the *American Journal of Gastroenterology*. She also serves as an invited reviewer for journals such as *New England Journal of Medicine*, *Inflammatory Bowel Diseases*, and *Gastroenterology*.

Dr. Long is a fellow of the American College of Gastroenterology, where she serves on the Board of Trustees. She also is a fellow of the American Gastroenterological Association and the Crohn’s and Colitis Foundation. She is the 2024 Sherman Prize recipient in IBD clinical research.

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## Patient Advocates



### Natalie Hayden

Founder, Lights, Camera, Crohn's

**Natalie Hayden, 42**, is a former TV news anchor and reporter living in the Midwest who was diagnosed with Crohn's disease in 2005. Her award-winning blog, *Lights, Camera, Crohn's*, covers everything from overcoming struggles to celebrating small victories throughout all aspects of the patient journey—from diagnosis and beyond.

Ms. Hayden was the United States Patient Ambassador and global patient lead for the first-ever Global Consensus Conference on Pregnancy and IBD. She won a Lifetime Achievement Award from the Social Health Network in September 2025 for her inflammatory bowel disease (IBD) advocacy efforts and was selected to serve as a social media ambassador in September 2024 for the Crohn's and Colitis Foundation on a national level. She also is on advisory boards for IBD Moms and IBD Social Circle; is on the Patient Leadership Council for the Social Health Network; and is a contributor to Everyday Health, Healthy Women, The Insighters, Mamas Facing Forward, and IBD Moms. She is also a part of the Patient Partner Advisory Committee for the BIONIC study, which aims to explore the use of biological medications during pregnancy in patients with autoimmune disorders or asthma, and their potential impact on both maternal and infant health outcomes.



### Kaylaa' White

Writer  
IBD Patient Advocate  
National Council of College Leaders  
& Social Media Ambassador  
Crohn's & Colitis Foundation  
COGI Ambassador

**Kaylaa' White** is a Crohn's disease warrior, ostomate, listener poet, creative, and advocate who is passionate about storytelling as a tool for healing and representation. She is pursuing a bachelor of fine arts degree in dramatic writing at New York University's Tisch School of the Arts, where her work explores chronic illness, identity, and resilience. Ms. White is dedicated to creating spaces that amplify underrepresented voices and build community through art.



### Disclosure Declarations

It is the policy of CME Outfitters, LLC, to ensure independence, balance, objectivity, and scientific rigor and integrity in all of their CE activities. Faculty must disclose to the participants any relationships with commercial companies whose products or devices may be mentioned in faculty presentations, or with the commercial supporter of this CE activity. CME Outfitters, LLC, has evaluated, identified, and mitigated any potential conflicts of interest through a rigorous content validation procedure, use of evidence-based data/research, and a multidisciplinary peer review process. The following information is for participant information only. It is not assumed that these relationships will have a negative impact on the presentations.

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**Dr. Regueiro** reports the following financial relationships:

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**Dr. Afzali** reports the following financial relationships:

Advisory Board: AbbVie Inc.; Johnson & Johnson; Lilly; Pfizer Inc.; and Takeda Pharmaceutical Company Limited

Consultant: AbbVie Inc.; Johnson & Johnson; Lilly; Pfizer Inc.; Sanofi; and Takeda Pharmaceutical Company Limited

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**Dr. Barnes** reports the following financial relationships:

Advisory Board: AbbVie Inc.; Lilly; Pfizer Inc.; and Sanofi

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**Ms. Collins** reports the following financial relationships:

Advisory Board: AbbVie Inc.; Cristcot; Johnson & Johnson; Lilly; and Takeda Pharmaceutical Company Limited

Consultant: AbbVie Inc.; Cristcot; Johnson & Johnson; Lilly; and Takeda Pharmaceutical Company Limited

Speakers Bureau: AbbVie Inc.; Cristcot; Johnson & Johnson; Lilly; and Takeda Pharmaceutical Company Limited

#### Contributing Key Opinion Leaders

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Consultant: AbbVie Inc.; Bristol Myer Squibb Company; Celltrion USA, Inc.; CUROGEN; Ferring Pharmaceuticals; Genentech, Inc.; GSK; Janssen Pharmaceuticals, Inc.; Merck & Co., Inc.; Metagen Biologics; Pfizer Inc.; Roivant Sciences Ltd.; Seres Therapeutics; Shattuck Labs, Inc.; TRXbio Co., Ltd; Vedanta Biosciences, Inc.; and Xencor  
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**Dr. Long** reports the following financial relationships:

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#### Patient Advocates

**Natalie Hayden**—no disclosures to report.

**Kaylaa' White** reports the following financial relationships:

Social Media Ambassador: Coloplast

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## Instructions for Interactive Technology

Use one of the iPads provided at your table to answer polling questions, view onsite presentations, and submit questions to the faculty. Please see additional information below.

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Select the Ask Question tab below the slide viewer to submit a question. If your question is for a specific faculty member, please include their name. Your question will be shared with the faculty for the question-and-answer portion of the session.

### View and Take Notes on Presentation Slides

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