

Inflammatory Bowel Disease

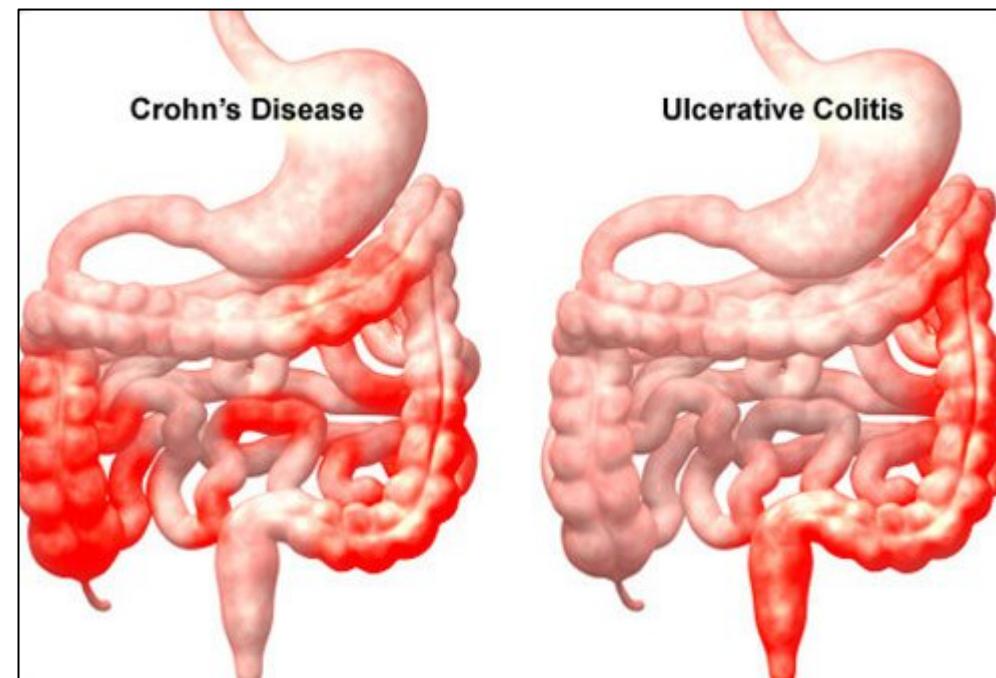
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What is Inflammatory Bowel Disease (IBD)?

- Lifelong inflammation of the intestines
- Usual onset between 15-25 years old
 - But can start < 1 year, as late as 70 years
- Two major types:
 - Crohn's disease
 - Ulcerative colitis



 @ibddoctor

Who is affected by IBD?

- More than 50,000 people in Michigan



How Does IBD Affect People?

- IBD occurs in episodes, called flares
- Common symptoms include fatigue, pain, nausea, vomiting, bleeding, loss of appetite, weight loss, weakness, and urgent diarrhea.



How Does IBD Affect People?

- Often hits age 15-25
- Disrupts progress
 - In school
 - In career
 - In life events
 - Marriage
 - Having children



How Does IBD Affect People?

- Does not significantly shorten lifespan
- But often a dramatic loss in productivity
 - Give up on goals
 - Disabled
 - Lots of hospitalization, surgeries
 - Low quality of life
 - High rates of use of
 - Narcotics
 - Marijuana



How Does IBD Affect People?

- Secondary impacts on caregivers
 - Parents
 - Spouses
- Drain on time and resources
 - Reduced time for
 - Work
 - Childrearing
 - Health-care bankruptcies are common
 - Pay the medical bills, but
 - Miss mortgage, rent payments - Eviction



How Do Effective IBD Therapies Help?

- Control of inflammation dramatically improves quality of life



“My friends can count on me
to be there now”

How Do Effective IBD Therapies Help?

- Control of inflammation dramatically improves quality of life



“I was the shortest kid in my class, but then I started the new medicine and I grew 5 inches in 4th grade! ”

How Do Effective IBD Therapies Help?

- Control of inflammation dramatically improves quality of life



"I can go to a ball game without an emergency kit"

How Do Effective IBD Therapies Help?

- Control of inflammation dramatically improves quality of life



“I can plan ahead –
I can work a 40 hour week,
I can go back to school,
I can even travel.”

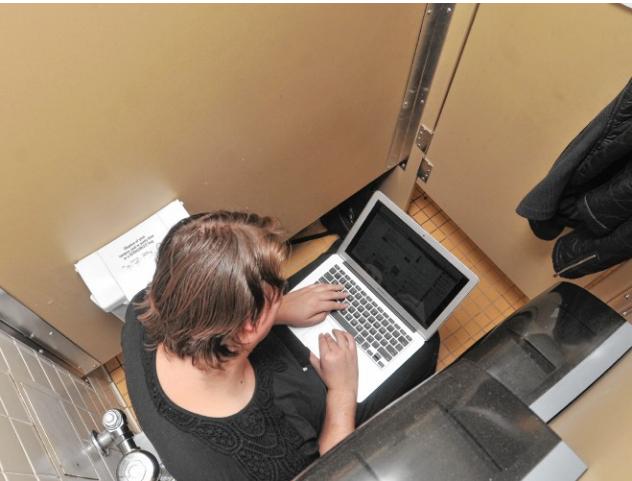
The Shadow of IBD

- Knowing that flares can happen at any time causes
 - High rates of anxiety and worry
 - Post-traumatic stress disorder
- “When will pain & vomiting return?”
- “Will I suddenly need to go to the hospital?”
- “How can I plan ahead?”



Presenteeism in IBD

- Do anything to stay at work, keep health insurance
- Fever, vomiting, pain, 20 BM/d, constant bleeding?
 - still going to work
- Some of the toughest people you will ever meet.



“If the Wi-Fi reaches the bathroom
and I can Skype into meetings,
I’m good.”

Three Tiers of IBD Therapy

- No insurance – steroids and narcotics
 - Cheap, huge side effects
- Poor insurance – low-dose chemotherapy
 - Fairly cheap, works in about 30%, rare but bad side effects
- Great insurance
 - Cutting edge biologic therapies
 - Work in 60%
 - Up to \$18,000 per dose, every 8 weeks

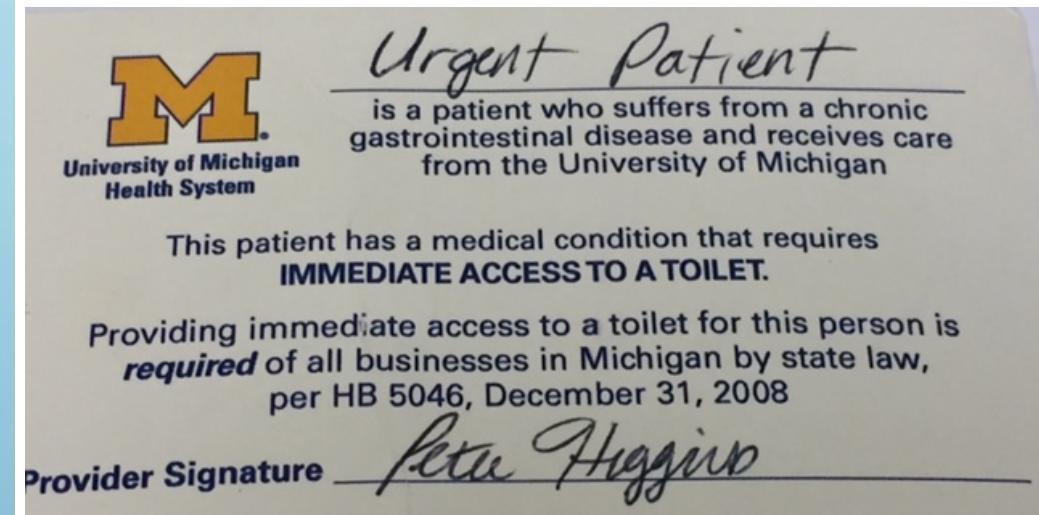




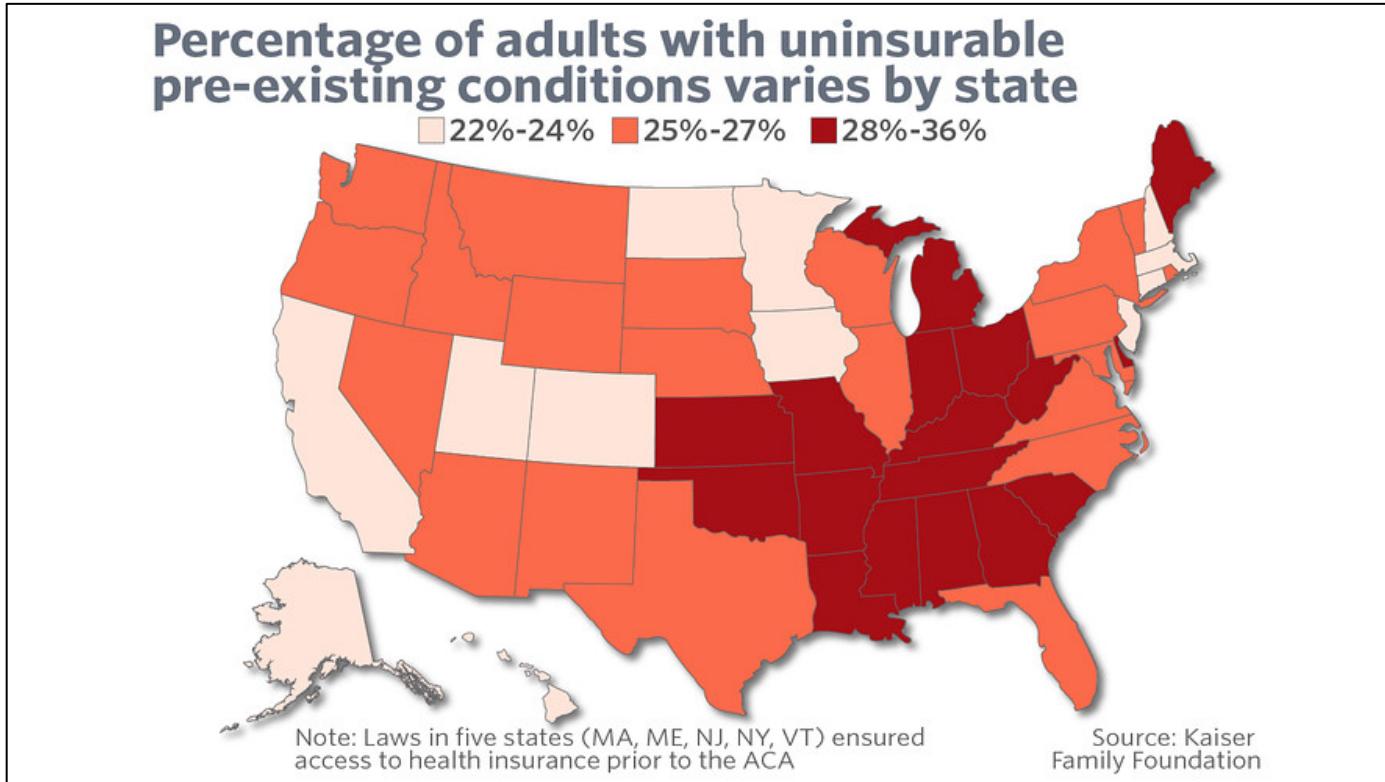
Why Do Laws Matter?

Legislation and IBD

Bathroom Laws Matter in IBD



Health Insurance Matters in IBD



Health Insurance Matters in IBD

- Health Insurance is designed for sudden, big events





Health Insurance Matters in IBD

- Health Insurance is NOT designed for chronic diseases.
- By law – can only sign up for one year of health insurance
 - Freedom of choice is good
 - We want ability to change
- Americans change health insurance ~ every 2.5 years
- Health insurance incentivized to focus on short-term
 - If the benefits take 3 years to arrive, insurance won't pay for it.
 - Because a different insurance company will reap the benefits.
 - No incentive for chronic, preventive care

Health Insurance ≠ Chronic Care

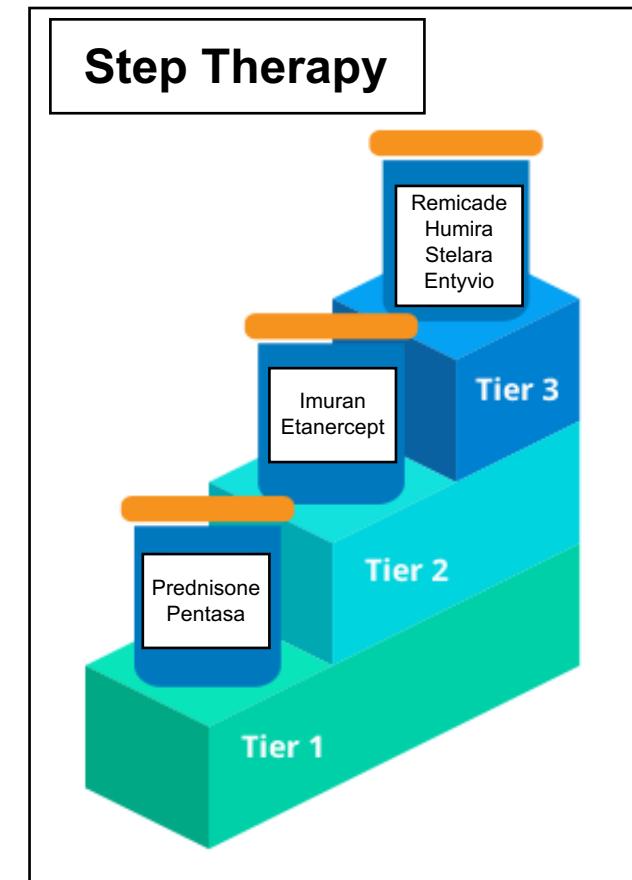
- What does this mean for IBD patients?
- The January Fail – biologics stopped. Risk of antibodies.
- No shingles vaccines for you.
- Spend more now to control inflammation to prevent surgery later? – not covered.



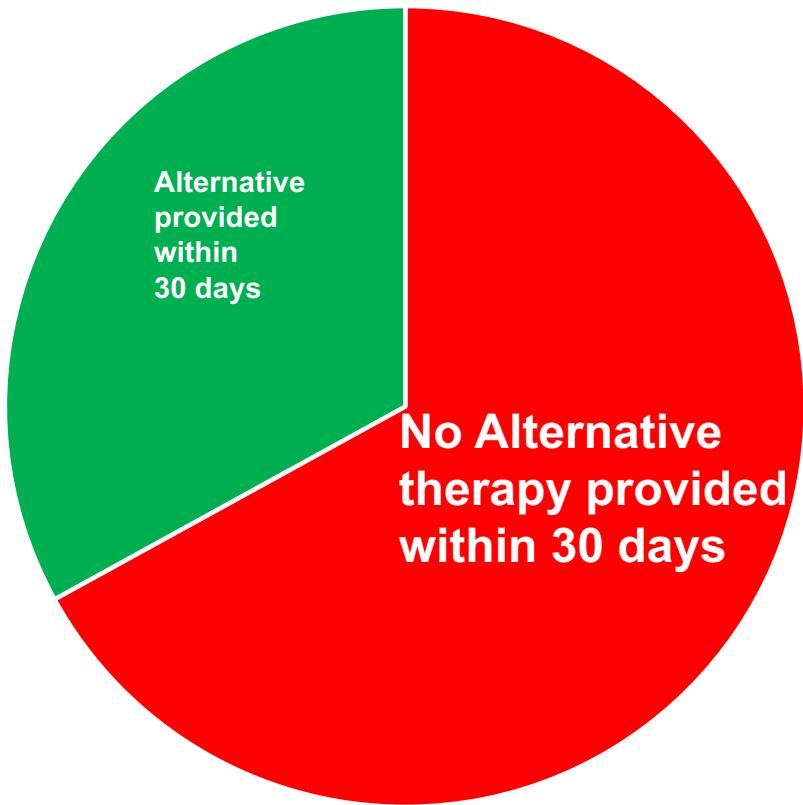
January 2018						
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Health Insurance ≠ Chronic Care

- Step Therapy for Everyone
- No matter how sick you are
 - You have to step through (and fail) Tier 1, and Tier 2, to get to Tier 3
 - some medications not even FDA approved for IBD!
 - Should we force patients to try therapies that do not work?
- Even risky conditions
 - Active infections
 - Cancer
 - You have to step through Tiers 1 and 2 first
 - Before a gut-specific therapy



Step Therapy Delays Treatment in IBD



67% of patients whose prescriptions were rejected under step therapy do not receive an alternative within 30 days

Delayed therapy =
more bowel damage =
More future cancer and
More future surgeries

Belazi, D. Looking at Specialty Pharmaceutical Rejections.
Am J Managed Care 2013; 19(4).

Roadblocks to Biosimilars

- The generic versions of expensive biologic medications = biosimilars
- Countries in Europe save 70-90% over US prices
 - \$18,000 → \$2,000 per dose
 - More people treated with biologics.
- US laws frequently block substitution.
- US laws frequently block negotiation on drug prices.



Legislative Wins & Potential Wins In IBD

- **Legislative Wins**

- Bathroom Access Law
- No Pre-existing Conditions
- Stay on Parents' Health Insurance until Age 26



- **Potential Legislative Wins**

- Shift Insurer Incentives for Preventive Care for Chronic Diseases
- Sensible Step Therapy
- Better Access to Biosimilars
- Coverage for tests to Monitor Inflammation

Thank You

