

# Mobile Applications for Inflammatory Bowel Disease Patients



Can mobile applications help in the management of patients with inflammatory bowel disease (IBD)? In the *Advances in IBD* column in this month's issue of *Gastroenterology & Hepatology*, Dr Matthew J. Hamilton explores the use of IBD mobile applications. Among other issues, he discusses how commonly these tools are currently being used, which features are usually offered, the overall benefits and concerns, barriers that may be encountered, research that has been conducted thus far in this area, and the overall acceptance by patients and gastroenterologists. He also discusses his own experiences with mobile applications for IBD patients.

IBD is also covered in one of our feature articles this month. In the second of a 2-part series on perianal fistulas in Crohn's disease patients, Dr Stephanie L. Gold, Dr Shirley Cohen-Mekelburg, Dr Yechezkel Schneider, and Dr Adam Steinlauf examine current surgical techniques, newer endoscopic therapies, and future therapeutic approaches for the management of these patients. The treatments discussed include draining and cutting setons, endorectal advancement flaps, fistula laser closure, the ligation of intersphincteric fistula tract procedure, video-assisted anal fistula treatment, endoscopic fistulotomy, cell-based therapies, novel biologic agents, and innovative surgical techniques.

Our other feature article explores laryngopharyngeal reflux and functional laryngeal disorder. Dr Dhyanes A. Patel, Dr Michael Blanco, and Dr Michael F. Vaezi focus on the general gastroenterologist's perspective and common practice of these conditions by discussing the pathophysiology, diagnostic testing (including laryngoscopy, ambulatory pH monitoring, and impedance monitoring), and therapeutic options of laryngopharyngeal reflux, as well as by examining the role of laryngeal hypersensitivity and criteria for functional laryngeal disorder.

In our *Advances in Hepatology* column, Dr Eric F. Martin examines the use of liver transplantation for the treatment of alcoholic liver disease, including severe alcoholic hepatitis. His discussion includes a comparison

of liver transplant outcomes between patients with alcoholic liver disease and those with other liver diseases, the controversial role of early liver transplantation in patients with severe alcoholic hepatitis, and the main risk factors for alcohol relapse after liver transplantation.

Our hepatology coverage continues with an exploration of new and emerging drugs for the treatment of hepatocellular carcinoma (HCC) in our bimonthly HCC in Focus column. Along with related issues, Dr Lorenza Rimassa reviews important recent study data on nivolumab, lenvatinib, cabozantinib, and ramucirumab; notes other promising HCC drugs in the pipeline; and discusses the most significant challenges in the development of HCC drugs.

In our *Advances in IBS* column, Dr Linda Nguyen provides an overview of complementary and alternative medicine (CAM) for the treatment of patients with irritable bowel syndrome. Her discussion includes study data on the safety and efficacy of various CAM therapies in this setting, concerns and contraindications with these treatments, and how gastroenterologists should discuss the use of these therapies with their patients.

Finally, in our *Advances in Endoscopy* column, Dr Cyrus Piraka highlights the use of cold snare resection for the management of large duodenal and colonic polyps. Along with related issues, he discusses how this technique compares to endoscopic mucosal resection, the rationale for using cold snare polypectomy over hot snare polypectomy, the benefits of cold snare resection, how the procedure is performed, and its contraindications.

May this issue provide you with helpful information that you can put to good use in your clinical practice.

Sincerely,

Gary R. Lichtenstein, MD, AGAF, FACP, FAGC