

What are the benefits of taking part?

One of our goals is to empower participants by sending back all of the health-care data that has been collected. Our bespoke web-portal generates a curated pdf of their case notes which we believe will benefit future healthcare interactions for patient and doctor/nurse.

Your participation will also help bring us one step closer to understanding what causes flare and figure out ways of preventing them in order to benefit everyone with inflammatory bowel disease.

What do we hope to achieve?

1. Finding out the environmental and dietary factors for patients to avoid because they trigger flare.
2. Finding out behaviours for patients to adopt because they bring about remission.
3. Finding out what the microorganisms that predict flare look like.
4. Gaining information which helps future studies aimed at finding better diets for IBD sufferers.
5. Developing ways of gathering information online from IBD patients about their well-being that doctors can routinely use.

We have assembled expert doctors, epidemiologists, microbiologists, nutrition scientists, bioinformaticians and digital developers. These experts will use the systems we've put in place to make sure PREDiCCt succeeds. It will yield a lot of new information to help sufferers right away; but the information will also help to kick start many important future studies that will bring us ever closer to a cure for Crohn's disease and ulcerative colitis.

Who is organizing the PREDiCCt study?

The PREDiCCt study is coordinated by the University of Edinburgh and NHS Lothian and has contributions from gastroenterologists across the UK. It is funded by Cure Crohn's and Colitis, Crohn's & Colitis in Childhood, Chief Scientist Office and the NHS Lothian endowment fund.

You can find out more about the PREDiCCt Study in the following ways:

Web:

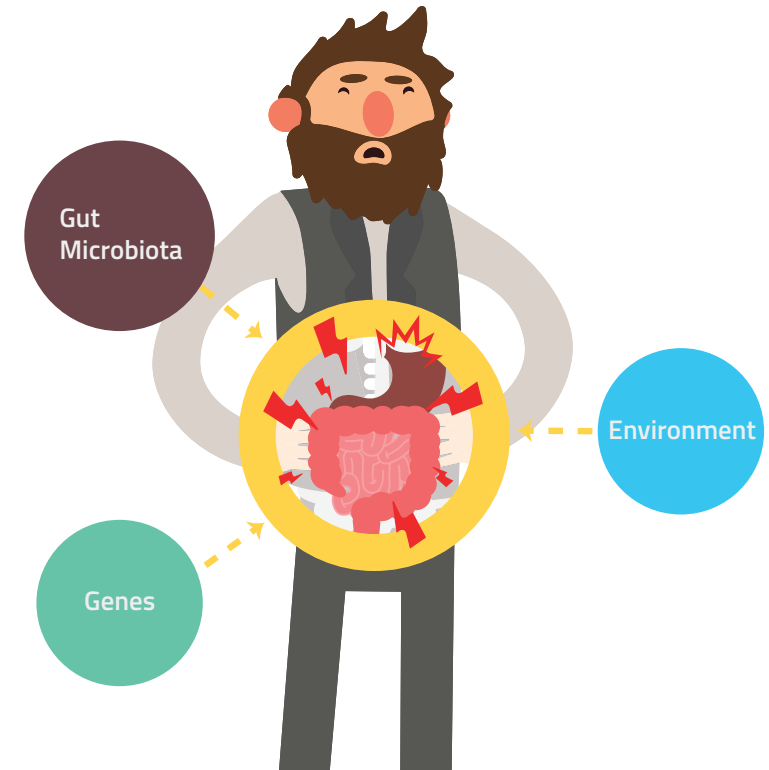
PREDiCCt@ed.ac.uk
www.PREDiCCt.co.uk

Or find us on social media:

 www.facebook.com/predicct
 www.twitter.com/predicct



The PRognostic effect of Environmental factors
in Crohn's and Colitis



Is your inflammatory bowel disease currently under good control?
Are you interested in how your diet, lifestyle and the bugs in your gut affect the chance of having a flare?

A large cohort study looking to increase our understanding of how environmental factors, diet, and the gut micro-organisms influence Inflammatory Bowel Disease flare and recovery.

The Problem

Crohn’s disease and ulcerative colitis are chronic, incurable inflammatory bowel diseases that affect 1 in 200 (typically young) people in the UK. They are characterised by unpredictable and disabling periods of ‘flare’ that have a damaging effect on the bowel. The symptoms of a flare vary widely but often include urgent watery diarrhoea, cramping abdominal pain, severe tiredness and weight loss. All too often these symptoms interfere with aspects of day to day living and can have a marked impact on someone’s quality of life. Currently we know very little about disease flares in inflammatory bowel disease. What causes them? How often do they happen? How can healthcare professionals prevent them? Who needs intensive therapy and who can go without? How can patients help prevent them?



What is the PREDiCCt study?

The PREDiCCt study is one of the largest and most important studies in the field of inflammatory bowel disease running today. The central aim of the study is to find out what causes disease flares in Crohn’s disease and ulcerative colitis. To achieve this we are recruiting 3100 patients in clinical remission (ie. disease well controlled) from multiple sites throughout the UK. We will follow participants over a period of 2 years whilst collecting detailed information about their disease, genetic make-up (DNA), gut bacteria (microbiome), diet, environment and lifestyle. During this time a number of participants will experience a flare allowing us to identify important factors associated with flare.

Who can take part?

The study is open to anyone over the age of 6 years old who has a confirmed diagnosis of Crohn’s disease, ulcerative colitis or inflammatory bowel disease unknown which is currently well controlled. Even if your disease is not well controlled at present, you can participate once things have settled.

What would be involved for someone taking part?

We have designed the study with patients in mind and have developed systems to make participation as easy as possible. Below are the 5 simple steps of what is required:

Step 1: Interested participants will have a chance to discuss the study with the local PREDiCCt team prior to signing up. For convenience, this will usually coincide with individuals routine clinic appointments. Once enrolled participants will visit our bespoke web portal and login with the details provided. Blood tests will also be obtained, again as part of routine clinical care.

Step 2: From the comfort of their own home, via our website, participants will fill in a detailed questionnaire about their disease, treatment, diet, environment and lifestyle which takes approximately 45 minutes to complete. Additionally, participants will collect a saliva sample for DNA analysis and stool samples for faecal calprotectin and gut bacteria using tailor made kits that can be returned via post. Participants will also be required to complete a food diary, where for a 4 day period each meal is weighed using the scales provided.

Step 3: Every month all participants will be invited to complete a monthly questionnaire updating on any changes to their disease, treatment, diet, environment and lifestyle which typically takes 5 minutes if no changes occur. At 1 and 2-years additional blood samples will be obtained as part of clinical care at participants routine outpatient appointments.

Step 4: Every time a participant experiences a flare they will be asked to return additional stool samples, using our postal kits, for further gut bacteria analysis

Step 5: After 2-years participants will have completed the study

All of the information collected is kept strictly confidential in anonymised form in a secure database.

