

# Facts & Fiction: Knowledge Gaps that Could Impact UC Patients' Health

A 2017 U.S. survey of 301 adults living with ulcerative colitis (UC) and 149 gastroenterologists (GIs) tested patients' knowledge of UC - and physicians' perceptions about their patients' knowledge. Here are the preliminary findings from the survey (see survey methodology below) that show there might be an opportunity to improve education and management of the disease.

## THE FACTS:

Even if UC symptoms are under control, there may still be active disease or inflammation. UC patients typically experience periods of being symptom-free alternating with periods of having active disease symptoms (flare).<sup>3</sup>



**36%** of people with UC were not aware, that even if symptoms were under control, there could still be active disease or inflammation<sup>1</sup> (n=110/301)



**71%** of GIs thought that their UC patients understood this was false.<sup>2</sup> (n=106/149)

## THE FACTS:

It is important to keep UC under control to reduce long-term complications.<sup>4</sup>



**91%** of people with UC knew that it is important to keep their disease under control to reduce long-term complications.<sup>1</sup> (n=273/301)



**89%** of GIs thought that their UC patients understood this somewhat or very well.<sup>2</sup> (n=132/149)

## THE FACTS:

Patients with UC are at higher risk for developing colorectal cancer than the general population. Inflammation of the colon can cause continuous turnover of cells in the intestinal lining, increasing the risk of irregularities that may lead to colon cancer.<sup>5</sup>



**19%** of people with UC were not aware that uncontrolled inflammation of the colon is a risk factor for colorectal cancer.<sup>1</sup> (n=57/301)



**74%** of GIs thought that their UC patients understood that uncontrolled inflammation of the colon is a risk factor for colorectal cancer.<sup>2</sup> (n=111/149)

More than UC

## THE FACTS:

Up to **31%** of patients with UC experience symptoms outside of the colon, including musculoskeletal pain, skin lesions, and kidney, eye or liver disease.<sup>6</sup>



**67%** of GIs thought that their UC patients understood that UC may be associated with other conditions outside the colon...<sup>2</sup> (n=99/149)



**28%** of people with UC were not aware that UC may be associated with other conditions outside the colon.<sup>1</sup> (n=84/301)

For more information, visit [Pfizer.com/UCNarrative](http://Pfizer.com/UCNarrative)

The UC Narrative is a global initiative created by Pfizer to engage the UC community to help identify how people living with ulcerative colitis are impacted by the disease.

The Global UC Narrative Advisory Panel,<sup>i</sup> comprised of people living with UC, as well as leading gastroenterologists, IBD nurses, a psychologist, and patient organizations, including the Crohn's & Colitis Foundation in the U.S., from 10 countries will work together to turn the insights gleaned from the survey into actions that can help identify real-world needs and concerns about living with UC.

## About the UC Narrative U.S. Survey and Survey Methodology

The UC Narrative U.S. survey findings represent a subset of the UC Narrative global survey, which was developed with input from the Global UC Narrative Advisory Panel. In addition to providing input into the development of the survey, the Crohn's & Colitis Foundation recruited respondents (n=126/301) to complete the survey online. The preliminary findings from the U.S. surveys are being announced in collaboration with the Crohn's & Colitis Foundation during the Crohn's & Colitis Congress taking place in Las Vegas January 18-20, 2018. Survey results for all countries are anticipated in the spring of 2018.

The UC Narrative U.S. patient survey was conducted online and by telephone by Harris Poll on behalf of Pfizer between August 23 and October 23, 2017, among 301 adults ages 18+ residing in the U.S. who have been diagnosed with ulcerative colitis (UC), have had an endoscopic procedure to confirm their diagnosis, have not had a colectomy, have been to a gastroenterologist's office in the past 12 months, have ever taken a prescription medication for their UC (excluding those who have only ever taken 5-ASAs), and provided informed consent to complete the research. The research method and survey questionnaire were reviewed and received IRB approval from WIRB-Copernicus Group. Medication history was used as a proxy for disease severity,<sup>ii</sup> with "mild" patients capped at 20% of total completes. Data were not weighted, and are therefore only representative of the individuals who completed the survey. Patients who qualified for and successfully completed the survey were compensated for their participation.

The UC Narrative U.S. physician survey was conducted online by Harris Poll on behalf of Pfizer between August 23 and November 3, 2017, among 149 adults residing in the U.S. who are licensed to practice medicine, specialize in gastroenterology, do not mostly practice in a long-term care facility or hospice, see at least ten (10) UC patients each month, with at least 10% of these patients currently taking a biologic, and provided informed consent to complete the research. The research method and survey questionnaire were reviewed and received IRB approval from WIRB-Copernicus Group. Results were weighted by region and years in practice by gender to bring them in line with their actual proportions in the population of U.S. gastroenterologists. Physicians who qualified for and successfully completed the survey were compensated for their participation.

<sup>i</sup>Where permitted, members of the Global UC Narrative Advisory Panel were paid honoraria for their participation.

<sup>ii</sup>"Mild" patients were defined as those who have ever taken a 5-ASA, steroids for 3 or less of the past 12 months, or another medication for their UC, but have never taken a biologic or immunosuppressant, and have not taken steroids for 4 or more of the past 12 months. "Moderate to severe" patients were defined as those who have ever taken a biologic or immunosuppressant, or have taken steroid for 4 or more of the past 12 months.

1. Data on file. Pfizer Inc, New York, NY. [UC Narrative Patient Survey. 2017.]

2. Data on file. Pfizer Inc, New York, NY. [UC Narrative Physician Survey. 2017.]

3. Loftus E. Progress in the Diagnosis and Treatment of Inflammatory Bowel Disease. *Gastroenterology & Hepatology*. 2011;7(2, Suppl. 3):3-15.

4. Higgins PDR. New Keys to Maintenance Treatment in Ulcerative Colitis. *Digestive Diseases* (Basel, Switzerland). 2010;28(3):483-489. doi:10.1159/000320406.

5. Flores et al. Impact of mucosal inflammation on risk of colorectal neoplasia in patients with ulcerative colitis: a systematic review and meta-analysis. *Gastrointestinal Endoscopy*. 2017;6(86):1007-1011.

6. Levine JS, Burakoff R. Extraintestinal Manifestations of Inflammatory Bowel Disease. *Gastroenterology & Hepatology*. 2011;7(4):235-241.