

## What we do 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, and bioinformaticians. 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, and the Chief Scientist Office.

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

**Email:** [predicct@ed.ac.uk](mailto:predicct@ed.ac.uk) **Website:** [www.PREDiCCt.co.uk](http://www.PREDiCCt.co.uk)

**Social Media:** [Facebook.com/predicct](https://www.facebook.com/predicct) [Twitter.com/predicct](https://twitter.com/predicct)

**If you have a diagnosis of Crohn's Disease or Ulcerative Colitis, we want your help!**



# PREdiCCt

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

# A research study on the factors that cause disease flare in Crohn's disease and Ulcerative Colitis

A little about the PREDiCCt Study



## The PREDiCCt Study is an UK wide study that aims to understand and identify the environmental and microbial factors that are associated with flare ups in Crohn's disease and Ulcerative Colitis.

### The Problem

Inflammatory bowel disease (IBD) is an umbrella term that includes Crohn's Disease and ulcerative Colitis. It affects about 1 in 200 (mostly young) people in the UK. It can make sufferers quite weak, typically giving them abdominal pain, diarrhoea, nausea and lethargy. The symptoms can be extreme enough to affect all aspects of day to day living.

There are a range of treatments which can be employed however many have toxic side effects which often outweigh the benefits. The response to the various treatments can be variable and sometimes what works in one person will not work in others. All too often sufferers need major surgery - more than 50% with Crohn's disease and 15-30% with ulcerative colitis. There is no known cure and moreover we do not currently know what causes these diseases to develop.

**Aims to find the causes and triggers of Crohn's and Colitis**

### What is the PREDiCCt study?

PREDiCCt is a major study which is being launched in the UK. The focus of the study is towards understanding how diet, lifestyle and the bacteria in your gut influence flare and recovery in Crohn's disease and ulcerative colitis. To achieve this we are looking to recruit 1500 people in remission from Crohns or Colitis (illness under control). We plan to follow the disease course of these individuals over 2 years whilst collecting information on the food they eat, their lifestyle and their gut bacteria. Accordingly, it may be possible to find a link between these factors and the severity of each participant's symptom flares.

### Who can take part?

This study is open to anyone over the age of 6 years who has a confirmed diagnosis of Crohn's disease or ulcerative colitis which is currently well controlled.

### What would be involved for someone taking part?

Initially we will run several baseline tests on participants, assessing the type of bugs in their gut, analyzing their DNA, and asking them to complete questionnaires about their lifestyle and diet. We will then follow the disease progress of these participants over the course of two years. We will do this using a specially designed website. This allows us to collect information about the inflammatory bowel disease, medicines, lifestyle, diet, stress, and exercise in detail at the start of the study. On a monthly basis during the study our website will automatically ask participants to log-in and provide a few key updates. The most important aspect will be for us to ask how well their disease has been controlled over the past month. All of this information is kept strictly confidential in anonymised form in a central database. Ultimately we plan to look at participants who

suffer from disease flares over these two years and compare their lifestyle, diet and gut bacteria to those participants who don't experience symptom flares. Whilst the research itself doesn't provide any direct benefits to participants, we hope it will help everyone who suffers from Crohn's disease and ulcerative colitis. In addition we have built into our website the ability to generate a one page summary of a patient's disease every month. This will provide essential information on disease type, location and behaviour, medicines, surgery and recent disease control. Moreover it will summarise the questions patients may have for their doctors and / or specialist nurses at their next clinic visit. We hope this simple feedback tool will help aid communication between patients and their clinical team.

**The PREDiCCt study looks at diet, environment and gut bacteria**

