

ECO-RESPONSIBILITY IN INFLAMMATORY BOWEL DISEASE (IBD) CARE

Created with the participation of GETAID (French IBD research group)

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KEY FACTS

IBD care has multiple environmental impacts:

- Chronic care with frequent patient travel
- Therapies with poorly known environmental effects
- Significant waste (IV or subcutaneous treatments)
- Active research with multiple conferences (air travel)

KEY ACTIONS FOR SUSTAINABLE IBD CARE:

The IBD–environment link is a vicious circle!

IBD may be triggered or worsened by environmental pollutants¹⁻³:

- Micro- and nanoplastics, polystyrene
- Air pollution
- Ultra-processed food

Reducing polluting transportation

- Increase teleconsultation^{4,5}
- Develop home-based treatment and monitoring⁶
- Promote e-learning and virtual conferences⁷

Therapeutics

- Better knowledge of environmental impact of drugs⁸ (methotrexate +++)
- Recycling of production water⁹
- Filtration of industrial wastewater

Reducing low-value investigations

- Endoscopic follow-up according to guidelines
- Greater use of ultrasound and fecal calprotectin

Benefits of subcutaneous vs intravenous strategies⁶

Bonus: eco-designed injectors!

- Major reduction in patient transportation
- Reduced plastic material consumption
- Drug delivery devices (injectors): Biomedical Waste dedicated recycling process
- Rechargeable injectors (as for insulin)

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