

MyIBD Connections for the Black/African American Community

Welcome Lunch & Check-In

11:00 – 11:30 a.m.

General Session

Time	Topic	Speaker	Room
11:30 – 11:35 a.m.	Welcome & Opening Remarks	Moderated by: Kevin Watson, MD Akron Children's Hospital	139
11:35 – 12 p.m.	<i>Breaking the Silence: Mental Health and IBD in the Black/African American Community</i>	Adrian Lindsay, MD MetroHealth	139
12 – 12:30 p.m.	Q&A Closing	Patient & Professional Panel	139

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Check-In, Break, Visit Exhibits

12:30 – 12:45 p.m.

MyIBD Learning: Cleveland

Living Well with IBD

Time	Topic	Speaker	Room
12:45 – 12:50 p.m.	Welcome & Opening Remarks	Amy Washington	139
12:50– 1:05 p.m. (15 min)	Mindfulness or Meditation for IBD Wellness	Daphne Lunden, PhD Cleveland Clinic	139
1:05 – 1:40 p.m. (35 min)	MyIBD Journey – patient & caregiver panel	Moderated by: Denise Young, MD UH Rainbow Babies & Children's Hospital Patient & Caregiver Panelists	139
1:40 – 2:10 p.m. (30 min)	Building IBD Friendly Snacks	David Gardinier, RD Cleveland Clinic	139

Break, Snack, Visit Exhibits

2:10 – 2:20 p.m.

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General Session

2:20 – 2:40 p.m.	Updates in IBD Management	Emad Mansoor, MD University Hospitals	139
2:40 – 3:00 p.m.	Navigating Insurance (appeals, etc)	Kathryn Heimann, PharmD, BCPS MetroHealth	139
3:00 – 3:10 p.m.	Q&A		139

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Breakout Session 1

3:10 – 3:35 p.m.	Mental Health & IBD (body image/intimacy)	Daphne Lunden, PhD Cleveland Clinic	139
	Ostomy Session	Brittany M.W. Gesing, BSN, RN, CWOCA Cleveland Clinic	133
	Pediatric IBD Update	Speaker TBD	131

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 Breakout Session 2

3:35 – 4:00 p.m. (20 min talk, 5 min Q&A)	Complementary & Alternative Medicine	Jessica Philpott, MD Cleveland Clinic	139
	Surgery & IBD	Arielle Kanthers, MD Cleveland Clinic	133
	Extra-intestinal Manifestations & IBD (joint pain & rash)	Katherine Falloon, MD Cleveland Clinic	131
Adjourn			

Thank you for Attending! Your feedback is important to us!
Please take a moment to fill out our program survey for a chance to win a \$50 gift card!



Copies of session slides will be available following the program at
www.crohnscolitisfoundation.org/myibdlearning/cleveland