

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

MyIBD Learning: Cleveland

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.	Mindfulness or Meditation for IBD Wellness	Stephen Lupe, PsyD Cleveland Clinic	139
1:05 – 1:40 p.m.	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.	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.	Navigating Common Barriers in IBD Care	Stephen Lupe, PhD Cleveland Clinic	139
	Ostomy Session	Brittany M.W. Gesing, BSN, RN, CWOCA Cleveland Clinic	133
	Pediatric IBD Update	Lauren Blanc, RN, BSN, CPN Cleveland Clinic	131

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Breakout Session 2

3:35 – 4:00 p.m.	Complementary & Alternative Medicine	Jessica Philpott, MD Cleveland Clinic	139
	Surgery & IBD	Arielle Kanthers, MD Cleveland Clinic	133
	Extra-intestinal Manifestations & IBD	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