MyIBD Learning: Raleigh
Patient & Caregiver Education Conference
Saturday, November 7, 2026 | 9:30 a.m. – 12:30 p.m. ET

In partnership with Duke, UNC Chapel Hill, and WakeMed

Check-in & Breakfast		
9:30 - 9:55 a.m.	Check-in, Breakfast, & Visit Exhibits	
9:55 - 10:00 a.m.	Welcome from Crohn's & Colitis Foundation	Kristine Ference (*Carolinas Chapter*)
General Session		
Time	**Topic**	**Speakers**
10:00 - 10:25 a.m.	**IBD 101 &** **IBD Myths/Misinformation**	Derek Armstrong, MD (*Duke*)
10:25 - 11:00 a.m.	Panel Discussion: **Fact, Fiction, or *It Depends*?** **Making Sense of IBD Advice**	Derek Armstrong, MD (*Duke*) Amy Barto, MD (*Duke*) Matthew Egberg, MD, MPH, MMSc (*UNC*) Scott Manski, MD (*Duke*) Carol Medins, MPH, RD, LDN, CNSC (*WakeMed*) Jane Onken, MD, MHS (*Duke*) Gabe Winberry, MD (*WakeMed*)
Break & Visit Exhibits		
11:00 - 11:15 a.m.		
Breakout Session: Adult IBD		
Time	**Topic**	**Speakers**
11:15 a.m. - 12:15 p.m.	Panel Discussion: **I Have IBD… Now What?**	Amy Barto, MD (*Duke*) Scott Manski, MD (*Duke*) Jane Onken, MD, MHS (*Duke*)
Breakout Session: Pediatric IBD		
Time	**Topic**	**Speakers**
11:15 a.m. - 12:15 p.m.	Panel Discussion: **My Kid Has IBD… Now What?**	Derek Armstrong, MD (*Duke*) Matthew Egberg, MD, MPH, MMSc (*UNC*) Carol Medins, MPH, RD, LDN, CNSC (*WakeMed*) Gabe Winberry, MD (*WakeMed*)
Q&A / Adjourn		
12:15 - 12:30 p.m.		