



## PRESIDENT'S REPORT

**Douglas A. Drossman, MD**  
*President, Rome Foundation*  
April 2014

I am pleased to provide this newsletter update for members, associates, sponsors and friends. It has been a good year and our activities continue to grow and mature.

### NEW ROME BOARD MEMBERS

The Board of Directors is responsible for developing and maintaining all initiatives that meet our mission and objectives. Board members serve 6 year renewable term that allows for a stable administrative structure in order to conduct long term initiatives. They are selected based on scientific achievement in the field of FGIDs. We are pleased to announce that beginning at DDW 2014 we will have 3 new Board members: **Giovanni Barbara MD (Italy), Max Schmulson MD (Mexico) and Ami Sperber MD (Israel)**.

### ROME IV UPDATE

We have completed several years of the Rome IV activities, beginning first with the working teams and support committees who over the last 3 years provided preliminary data through their committee activities. The Rome IV chapter committees are now organizing and compiling their work and the first draft of the online chapters has just been completed. The committees will work through 3 more revisions until it's ready to be sent out for review in early 2015 with publication planned for a special Rome IV 13th issue in *Gastroenterology* in addition to publication of the Rome IV online book in mid-2016.

**Rome IV Chapter Committees.** The 16 *Rome IV Chapter Committees* began their work at an orientation at DDW 2013, followed by an all-day symposium where the working team, support committees and Rome IV sponsors presented their scientific data that could be of value in the Rome IV content development. These presentations are available online to committee members and Rome IV sponsors.

**How will Rome IV be available?** By 2016 we believe that most all educational information will be by computer access and we have moved in that direction. Online versions of Rome IV will provide more opportunities for interested parties since they may purchase unlimited access (which will be freely available to Rome IV sponsors and members), download individual chapters or even

do text searching for specific information. In addition we will be incorporating cross-links to other chapters and have considerably more graphic material by updating our Rome III computer based learning program slides and our clinical algorithms. We will also publish a supply of printed books including special editions for pediatrics, and primary care as well as the Rome IV questionnaires. Finally, several translations of the Rome IV book will be available within one year of the English publication.

**Multi-Dimensional Clinical Profile Committee (Douglas Drossman MD, Chair).** This committee consisting of the Rome Foundation Board is creating a template to help clinicians address the full spectrum the patient's clinical condition in order to provide more directed therapeutic options by using a dimensional multi-axial format. Currently, the Rome I, II, and III diagnostic system are set up as categorical conditions (i.e., present or not) and have been helpful particularly for classifying patients for research studies. However, they don't capture the full dimensionality of a patient's clinical profile. For example an IBS patient seen in primary care may be treated quite differently from a patient with the same diagnosis seen at a major medical center, the latter having with more severe symptoms, psychological co-morbidities or more severe physiological disturbances. Therefore the multi-dimensional clinical profile will cover the full dimensionality of the patient not only in terms of the diagnosis but also in terms of any clinical modifiers (e.g., IBS-C, D, or M), the impact of the condition (mild, moderate or severe), the presence of any psychosocial modifiers, or the degree of physiological dysfunction and biomarkers. The information will accompany the Rome IV book and will be published separately as a primer for clinicians. Please stay tuned for additional information over the next few months.

**Benefits of Rome IV Sponsorship.** In addition to Rome Foundation sponsorship, Rome IV sponsorship affords additional benefits because sponsors are supporting the Rome IV initiative in additional to other foundation activities. Rome IV sponsors attend special fora where updates of Rome IV activities are presented such as the May 2013 Rome IV symposium. In addition there are annual presentations by the Editorial Board relating to the content of the upcoming Rome IV chapters. Another benefit

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to Rome IV sponsors includes the opportunity to gain access to and review the penultimate Rome IV chapter in order to provide feedback of a scientific nature at the beginning of 2015. Sponsors will be able to submit a scientific review of the chapter material which will be responded to by the chapter committee chairs and co-chairs after committee review.

Other benefits include: a summary of all meta-analyses provided by the systematic review committee, free password protected online access to Rome IV book content, additional hard copies of the Rome IV book, special acknowledgment on all Rome IV products as a sponsor, and deeper discounts on bulk orders for Rome IV. These benefits are in addition to those provided to regular Rome Foundation sponsors including no charge for licensing of questionnaires, early access to the completed Rome IV documents prior to publication, attendance at Advisory Council Meetings, discounts on bulk orders of products, invitations to Rome receptions, discounts at Rome conferences, and being registered for all newsletters and additional updates.

### RESEARCH PROGRAM UPDATE

We are pleased to announce that Uday Ghoshal MD has joined Dr. William Whitehead to help expand upon our growing research support program. Each year we give 3 awards: the **Rome Foundation Annual Research Grant**, which is awarded by an independent peer review committee chaired by Brooks Cash MD, the **“Ray Clouse Best Paper award”** and the new **“Ken Heaton Award for the Paper Most Cited”**. Starting in 2015, we are planning to offer research awards for pilot studies in the area of the Functional GI and Motility Disorders. For further information, or to check deadlines and obtain an application please visit [www.theromefoundation.org](http://www.theromefoundation.org).

### ROME UPDATE FROM DDW

In 2011 we began a new educational initiative to highlight the most important abstracts on Functional GI and Motility Disorders presented at DDW. The DDW 2013 series is now available online: [http://www.focusmeded.com/special\\_event/rome2013/index.cfm](http://www.focusmeded.com/special_event/rome2013/index.cfm). Rome Foundation Board members reviewed and prioritized the highest quality posters and oral presentations at the meeting. Using this information the Foundation in association with the GI Health Foundation produced a CME webcast: **“The Rome Update from DDW”** where the important abstracts were presented using a news media format. We plan to continue this educational program for DDW 2014.

### INTERNATIONAL INITIATIVES AND ACTIVITIES

**Rome Foundation-China Collaborative** is also chaired by Dr. Chang with representatives including Meiyun Ke, MD, Magnus Simrén, MD, PhD, William Chey, MD, Yunsheng Yang MD and myself. The collaborative has led to the

mutual exchange of information including teaching sessions by Rome Foundation members in China and more recently the Rome Foundation – China Visiting Scholar program. This past year Dr. Lihua Peng, Associate director of the GI program and the PLA Hospital in Beijing visited North Carolina for 3 weeks to learn about clinical care and motility as practiced in the USA. We expect to continue additional activities of mutual benefit.

**Latin American Program Development.** Thanks to the facilitation by Max Schmulson MD (Mexico) and Carlos Francisconi MD (Brazil), several symposia have been presented that highlight Rome Foundation activities and educate gastroenterologists in Latin America about the use of the Rome criteria and more recently the diagnostic algorithms. Because of increasing activities, the Rome Foundation created in 2012 the position of Latino Coordinator (Ms. Claudia Rojas) who will be working with the International Liaison Committee to manage Latin American Conferences. The Rome Foundation held a symposium at the 2012 Pan American Meetings in Panama City and will hold another one this year at the 2014 Pan American Meeting in Buenos Aires Argentina. There were also recent Foundation symposia in Bogota, Colombia, Goiana Brazil, Mexico City Mexico and Sao Paulo Brazil.

**International FGID conferences in Eastern Europe.** Under the directorship of Dan Dumitrascu MD of Cluj, Romania, the Chair of the Rome International Liaison Committee, there have been four international conferences on Functional GI Disorders which have promoted Rome III knowledge and the use of the criteria. A fifth one is scheduled for June 2014 with gastroenterologists representing over 10 countries in Eastern Europe.

**Global Initiative (Ami Sperber MD, Chair).** Beginning in 2011, we began a far reaching program to expand the Rome Foundation initiatives at a global level in order to bring the world together with regard to multi-national research, education and patient care methods. The Global Initiative incorporates or other international committees into its structure in addition to other products that include the development of a multi-country global epidemiology study to be undertaken with publication of Rome IV.

**Translations Committee (Ami Sperber MD, Chair).** This committee coordinates all translations relating to diagnostic criteria, algorithms and questionnaires. Dr. Sperber is well recognized for his work in standardizing the translation process for questionnaires and related research and educational materials. Thanks to Dr. Sperber we have succeeded in disseminating our educational materials with translations of books and questionnaires into over 20 different languages.

**Rome-EMA Pediatric Committee.** We are pleased to be collaborating with the European Medicines Agency (EMA) to help develop recommendations for endpoints and outcomes

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# ROME FOUNDATION BOARD OF DIRECTORS



**Douglas A. Drossman, MD**  
President  
*Chapel Hill, NC USA*



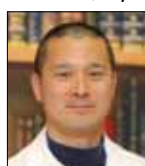
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*Barcelona, Spain*



**Giovanni Barbara, MD**  
*Bologna, Italy*



**Lin Chang, MD**  
*Los Angeles, CA, USA*



**William D. Chey, MD**  
*Ann Arbor, MI, USA*



**John Kellow, MD**  
*New South Wales, Australia*



**Max J. Schmulson W., MD**  
*Mexico City, Mexico*



**Magnus Simrén MD, PhD**  
*Göthenburg, Sweden*



**Ami Sperber, MD, MSPH**  
*Beer-Sheva, Israel*



**Robin Spiller, MD, MSC**  
*Nottingham, England*



**Jan Tack, MD, PhD**  
*Leuven, Belgium*



**William E. Whitehead, PhD**  
*Chapel Hill, NC, USA*

## OUR MISSION IS:

**“TO IMPROVE THE LIVES OF PEOPLE WITH FUNCTIONAL GI DISORDERS.”**

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## WELCOME NEW ROME BOARD MEMBERS



**Professor Giovanni Barbara, M.D.**  
**Department of Digestive Diseases and**  
**Internal Medicine**  
**University of Bologna, Italy**

Giovanni Barbara graduated Summa cum Laude in Medicine at the University of Bologna, Italy. He subsequently qualified in Internal Medicine and then in Gastroenterology at the same University. He was trained partly in London, UK and completed a three years basic science post-doctoral research fellowship in neuro-immunology at McMaster University in Canada. Currently he is involved in clinical gastroenterology diagnostic and therapeutic endoscopy, teaching and research at the Department of Digestive Diseases and

Internal Medicine of the University of Bologna.

Professor Barbara's main research interest relate to basic and clinical aspects of functional gastrointestinal disorders, neuro-immunology and host-microbiota interactions. He has authored more than 180 indexed peer-reviewed articles and reviews on these topics, published in various biomedical journals, including Gastroenterology, Gut, Journal of Clinical Investigation and Trends in Pharmacological Science. He is, or has been, a member of the Editorial Board of Gut, American Journal of Gastroenterology, Neurogastroenterology and Motility the American Journal of Physiology and other international scientific Journals.

Professor Barbara has received numerous national and international awards including the Master Award in Gastroenterology from the American Gastroenterological Association. He is currently President of the European Society of Neurogastroenterology and Motility (ESNM).



**Max J. Schmulson W., MD**  
**Professor of Medicine**  
**Faculty de Medicina-Universidad**  
**Nacional Autónoma de México (UNAM)**  
**Hospital General de México**  
**Mexico City, Mexico**

Dr. Schmulson was born in Barranquilla-Colombia and received his MD degree from the Pontificia Universidad Javeriana of Santa Fe de Bogota, where he then trained in Internal Medicine. After, he continued his Gastroenterology training in the Instituto Nacional de Ciencias Médicas y Nutrición Salvador Zubirán (INCMNSZ) in Mexico City, graduating with the award for the Best Residency-Graduation Thesis. He then worked in Los Angeles under the mentorship of Emeran Mayer in UCLA, focusing on the differences in symptoms, motility and visceral sensitivity of IBS patients according to the bowel habit predominance.

Upon returning to Mexico he worked in the INCMNSZ for almost 6 years, and in 2005 he was appointed Full Professor of Medicine of the Universidad Nacional Autónoma de México (UNAM) and currently works in the Laboratory of Liver, Pancreas and Motility (HIPAM) of the Department of Experimental Medicine. Dr. Schmulson's research is focused on the epidemiology of FGIDs and in the immunological factors associated with IBS. He also works in Clínica Lomas Altas in Mexico City where he runs the Motility Unit.

Dr. Schmulson is a member of the National System of Researchers (SNI) and of the National Academy of Medicine of Mexico. He has received the award "Dr. Abraham Ayala González" in 5 opportunities and the Epidemiological Research from the Mexican Gastroenterological Association. He worked in the Latin American Consensus on IBS and coordinated the Latin American Consensus on Chronic Constipation. Dr. Schmulson previously served as Chair of the Membership Committee of the Functional Brain Gut Research Group and as councillor as well. In 2006 he was one of the founders of the Latin American Society for

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**Ami Sperber, MD, MSPH**  
**Emeritus Professor of Medicine**  
**Faculty of Health Sciences**  
**Ben-Gurion University of the Negev**

Dr. Ami D. Sperber is Emeritus Professor of Medicine in the Faculty of Health Sciences of Ben-Gurion University of the Negev, Israel. Dr. Sperber was born and raised in New York City and immigrated to Israel at the age of 23. In 1981 he received his MD degree and in 1992 he completed an MSPH (Master of Science in Public Health) degree from the Department of Health Behavior and Health Education in the School of Public Health of the University of North Carolina at Chapel Hill.

In addition to patient care, Dr. Sperber has conducted extensive research on IBS including (a) the local and global epidemiology of IBS and other FGIDs, (b) co-morbidity in FGIDs, in particular sleep impairment and fibromyalgia, and (c) psychosocial aspects of FGIDs. He is the author

of a book, in Hebrew, on IBS for the general public in Israel, which emphasizes the biopsychosocial approach to diagnosis and treatment and presents an empathetic description of the disorder, its diagnosis and treatment. The book was translated into English and is available as an e-book on Amazon.

He has published on cross-cultural, multinational research and translation methodology and has led the Rome Foundation global initiative since its inception.

Dr. Sperber has headed several committees and working teams of the Rome Foundation including participation in the Rome III process, head of the RF translation project for translation of questionnaires and diagnostic criteria into more than 20 languages, head of a committee that prepared an educational slide set on the psychosocial aspects of IBS, and head of a committee that prepared a clinical algorithm on the Functional Abdominal Pain Syndrome. He currently chairs the RF Working Team on Multinational, Cross-cultural Research, chairs the Executive Committee of the IBS Global Epidemiology study, and is chair of one of the chapter committees for the Rome IV book (Cross-cultural factors in FGIDs).



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and the conduct of clinical trials for pediatric patients with FGIDs. This is a subcommittee of the Rome IV Design of Treatment Trials Committee and the participants include Jan Tack MD, PhD (Rome Foundation Board), Jan Taminiu MD (EMA – Pediatric Committee) and Miguel Saps MD (Rome IV Child-Adolescent Committee). With the input from the EMA and Rome Foundation, recommendations will be submitted to the European Committee for Medicinal Products for Human Use (CHMP) and if approved will also be included in the Rome IV Design of Treatment Trials publication.

**Rome Foundation Educational Materials.** The Foundation strives to keep knowledge of the FGIDs available and up to date through a variety of other formats.

- **The Rome III book**, published in 2006, serves as the most complete reference source for information on the functional GI disorders. The book is endorsed and co-marketed by the AGA. We are currently making this book available for educational institutions at no charge. The Rome IV publications will be available beginning in 2016.
- **The Computer-Based Learning Program** is a self-learning computer-based application that conveys in a graphically-pleasing format up-to-date information on the functional GI disorders. In addition, slides can be purchased separately for individual presentation. The knowledge base builds upon and updates Rome III knowledge published in 2006. A total of 30 world experts worked on seven modules that were created in 2009. This slide set is co-marketed and endorsed by the AGA. This program will be updated to provide extensive graphics and illustrations for the online version of Rome IV.
- **Rome Foundation Diagnostic Algorithms** for Common Gastrointestinal Symptoms. In 2010 we produced a clinical tool, the result of a 2-year international effort that brings relevancy of the Rome diagnostic criteria into clinical practice. This initiative chaired by John Kellow, MD and co-chaired by Henry Parkman MD consisted of 6 subcommittees with experts from 8 countries. The algorithms provide diagnostic strategies for GI symptoms. They begin with the most common complaints such as diarrhea, vomiting, or abdominal pain, and this clinical information is presented using a case history format.

Then, standardized decision tree formats lead the reader toward ordering proper diagnostic studies to get to specific diagnoses. The program also contains extensive annotations for each algorithm as well as supplementary referenced information. There are 15 clinical algorithms that help gastroenterologists and primary care physicians make cost-wise and efficient diagnoses of functional GI or other structural disorders. This information was released in the American Journal of Gastroenterology, and later in Spanish in the Mexican Journal of Gastroenterology in 2010. In 2012 they were translated into Portuguese and Chinese and will be updated and re-released on 2016 for Rome IV. We appreciate the support for the production of these algorithms from Procter & Gamble, Ironwood Pharmaceuticals, Synergy, Takeda Pharmaceuticals and Zeria Pharmaceuticals.

- **Understanding the Irritable Gut: The Functional Gastrointestinal Disorders** is now available at a reduced price (\$15.00). Written by W. Grant Thompson MD this book “translates” the essentials of Rome III, but focuses on information that is relevant to primary care clinicians, health care extenders and a patient audience. There is a chapter on the patient’s perspective by Nancy Norton, President of IFFGD, as well as chapters that cover basic GI anatomy and physiology, the physician/patient relationship in care, and general management fundamentals. The book then follows Rome III by succinctly covering the major functional GI disorders (IBS, functional constipation, functional dyspepsia, heartburn, incontinence, and belching and bloating) in a symptom-based fashion. Please contact Mr. William (“Wink”) Hilliard whilliard@theromefoundation.org) for information on bulk order discounts for our sponsors. For Rome IV we will be producing a separate primary care book produced by the Rome IV Primary Care Committee.

We are most appreciative to all of your support either as sponsors or contributing members. We expect to continue the many projects we have begun and hope to initiate new initiatives over time to accomplish our mission

**Douglas A. Drossman MD**  
**President**

**Dr. Max Schmulson biography continued from previous page.**

Neurogastroenterology and served as the first president. He is currently Editor in Chief of the Revista de Gastroenterología de México and Associated Editor of the American Journal of Gastroenterology.

Regarding the Rome Foundation, Dr. Schmulson worked on the Spanish translation of the Rome II Modular Questionnaire and Rome III Adult Questionnaire, on the Management and Design of

Treatment Trials Committee of the Rome CD Slide Set and was a charter member of the International Liaison Committee serving as Chair from 2009 to 2013. He is a member of the Multinational Working Team that recently released its report and currently serves in the Multi-Cultural Aspects and Design of Treatment Trials chapters of Rome IV and in the IBS Global Study Executive Committee.



## ROME FOUNDATION RESEARCH PROGRAM

WILLIAM E. WHITEHEAD, PHD  
CHAIR, RESEARCH COMMITTEE

UDAY GHOSHAL, MD  
CO-CHAIR, RESEARCH COMMITTEE

The Rome Foundation has a 15-year history of sponsoring research and recognizing outstanding publications on the functional gastrointestinal disorders. The goals of the research program have been three-fold: (1) to test the validity of the diagnostic criteria so that revisions to the

criteria can be empirically based; (2) to increase knowledge of the prevalence and epidemiology of the FGIDs, especially in non-Western countries, in order to provide new insights into pathophysiology; and (3) to interest young investigators in research and clinical practice in the area of functional gastrointestinal (FGIDs) and motility disorders.



## 2014 ROME FOUNDATION RESEARCH AWARD

### Stacy Menees, MD, MS

Assistant Professor  
Division of Gastroenterology  
University of Michigan

Dr. Stacy Menees is a Clinical Lecturer, Division of Gastroenterology, at the University of Michigan School Of Medicine at Ann Arbor, and a staff physician, Division of Gastroenterology, at the Ann Arbor Veterans Administrations Health System. She received her M.D. from University of Wisconsin School of Medicine in Madison and also completed a Master of Science degree in Clinical Research Design

and Statistical Analysis from the University of Michigan School Of Public Health in Ann Arbor. Her primary clinical interest is colorectal cancer screening and her research was awarded the ASGE distinction for best "gender-based research presentation" at DDW 2004. Additional clinical interests include endoscopic ultrasound, fecal incontinence, constipation and women's health.

**Title: *A randomized controlled trial to assess the efficacy of the low FODMAP diet in patients with fecal incontinence and loose stools.***

#### ABSTRACT:

**Background:** Fecal incontinence (FI) is a common complaint, and is often associated with diarrhea and urgency. Foods that are high in fermentable oligo-, di-, and mono-saccharides and polyols (FODMAPs) cause symptoms of diarrhea and urgency. Thus, assessing the impact of a low FODMAP diet in FI patients is needed.

**Aims:** 1. Compare the treatment response with a low FODMAP vs. usual care (high fiber diet) based on number of episodes in patients with FI. 2. Compare the efficacy of a low FODMAP diet vs. standard dietary advice in patients with FI on pre-specified clinical and quality of life endpoints.

**Methods:** This is a prospective, randomized control trial of adults meeting the Rome III criteria for FI and at least 2 episodes of FI due to loose stool per week. After a 2 week screening period and randomization, during

which the severity of symptoms will be assessed and eligibility determined, patients will be randomized to high fiber vs. low FODMAP diet for 4 weeks. A total of 33 patients will be recruited for each arm. The primary endpoint will be treatment response based on number of incontinence episodes. A treatment response is defined as a reduction in the number of episodes by 50% or more compared to baseline. Key secondary outcomes including stool consistency, stool frequency, FI-QOL scores, FISI scores will be compared between groups before and after the dietary intervention.

This is a novel proposal as there is no data on low FODMAPs as treatment for fecal incontinence with soft or loose stool. This research will be utilized as pilot data for a RO1 or VAHSR Merit Award. For these awards, I will implement the research findings from Aims 1 and 2. Aims 1 and 2 will inform sample size calculations.



## 2014 ROME FOUNDATION RESEARCH AWARD

### Kok Ann Gwee, FAMS, FRCP, PhD

Adjunct Associate Professor of Medicine  
Yong Loo Lin School of Medicine  
National University of Singapore

Kok-Ann Gwee is Adjunct Associate Professor of Medicine at the National

University of Singapore and practices at Gleneagles Hospital, Singapore. He obtained his medical degree in 1985 from the National University of Singapore, his certification in gastroenterology in 1995, and his PhD in 1998 from the University of Sheffield. His thesis on post-infectious irritable bowel syndrome is one of the early works in this field. Professor Gwee is the immediate

past president of the Asian Neurogastroenterology & Motility Association, chairs the Rome-Asian Working Team on FGIDs, is on the Rome IV chapter committee for Design of Treatment Trials, and led the Asian Consensus on IBS, and the Asian Guidelines on Management of Chronic Constipation. His areas of research include the role of melatonin and sleep disturbance in FGIDs, epidemiology of FGID in Asia, pelvic organ dysfunction in FBD, and non-celiac gluten sensitivity.

**Title:** *The Chinese and Caucasian Brain Study: A Neuroanthropological Evaluation of the ROME III criteria.*

#### ABSTRACT:

**Background:** This is a cross-cultural, multi-national study using structural and functional brain imaging to characterize “brain signatures” of patients in two socio-cultural milieu (Chinese v American) who present with bloating and fullness as most bothersome symptoms, and who meet Rome III criteria for postprandial distress syndrome (PDS) and irritable bowel syndrome (IBS). The study aims to test the validity of the Rome criteria and fidelity of linguistic translatability of symptom questionnaire as it relates to cultural adaptation of English words to Chinese terms. The study is also a neuro-anthropological exploration of the socio-cultural factors that influence the language that we employ in describing symptoms that are perceived to arise from the gastrointestinal tract.

**Aims:** In this proposal, we aim to test the general hypothesis that while FGID symptoms are generated by neurobiological mechanisms largely shared by Asian and Western patients, the verbal and non-verbal expression of these central representations of abdominal discomfort and the cultural responses to

these symptoms show significant culture and language dependent differences.

**Methods:** Structural (grey and white matter) and functional (resting state) brain images will be collected from 30 FGID male subjects (15 PDS-fullness; 15 IBS-Bloating) and 15 healthy male control subjects (HCs) in Mandarin speaking Chinese subjects in South China, using standardized acquisition parameters validated at UCLA. PDS and IBS will be diagnosed using the respective Rome III criteria. Brain parameters will be compared to brain scans obtained in an equal number of age and sex matched PDS, IBS & HCs sample of English speaking Caucasian subjects at UCLA. Expressions used by Mandarin speaking Chinese to describe their GI symptom experience will be identified, using validated neuroanthropological interview techniques. Correlations between subjective symptom severity ratings and brain signatures will be evaluated using both English (in Caucasian subjects) and Mandarin (in Chinese subjects).



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## RAY CLOUSE PRIZE FOR THE BEST RESEARCH PUBLICATION ON FGIDS AND MOTILITY DISORDERS, 2014



**Kirsten Tillisch, MD**

University of California – Los Angeles  
USA

**Title: “Consumption of fermented milk product with probiotic modulates brain activity”**  
*Gastroenterology* 2013;144:1394-1401.



**Maria Vazquez-Roque, MD**

Mayo Clinic – Jacksonville  
USA

**Title: “A controlled trial of gluten-free diet in patients with irritable bowel syndrome-diarrhea on bowel frequency and intestinal function”**  
*Gastroenterology* 2013;144:903-911.

## KEN HEATON AWARD FOR THE PAPER MOST CITED ON FGIDS AND MOTILITY DISORDERS, 2014 (FOR THE CALENDAR YEAR 2012)



**Madhusudan Grover, MBBS**

Mayo Clinic - Rochester  
USA

**Title: “Clinical-histological associations in Gastroparesis: results from the Gastroparesis Clinical Research Consortium”**  
*Neurogastroenterol Motil.* 2012 Jun;24(6):531-9.



**Natasha Koloski, PhD**

University of Newcastle  
Australia

**Title: “The brain-gut pathway in functional gastrointestinal disorders is bidirectional: a 12-year prospective population-based study”**  
*Gut* 2012 Sep;61(9):1284-90.



## ROME FOUNDATION WORKING TEAM PUBLISHES FINDINGS

### WORKING TEAM REPORT - MULTINATIONAL COMMITTEE

The Multinational, Cross-Cultural Research in the FGIDs working team was commissioned to formulate recommendations and guidelines for FGID research from a cross-cultural perspective.

This report reflects an effort by an international committee of FGID clinicians and researchers to:

(a) better define the methodological challenges inherent to cross-cultural research in the FGIDs and suggest possible solutions and (b) to develop recommendations for the fostering of crosscultural research collaboration and networks. To accomplish these objectives the working team formed sub-committees made of the following researchers:

#### Chair:

Ami D. Sperber MD, MSPH, Israel

#### Sub-committee Chairs:

Kok Ann Gwee MD, PhD, Singapore

A Pali Hungin MD, UK

William Whitehead PhD, USA

#### Working team members:

Enrico Corazziari, MD, Italy; Shin Fukudo, MD, PhD, Japan; Charles Gerson MD, USA; Uday C. Ghoshal, MD, DM, India; Jin-Yong Kang, MD, PhD, UK/Singapore; Rona L. Levy, MSW, PhD, MPH, USA; Max Schmulson MD; Mexico

#### Working team consultants:

Dan Dumitrascu MD, Romania; Mary-Joan Gerson PhD, USA; Chen Minhu MD, PhD, China; Seung-Jae Myung MD, PhD, South Korea; Eamonn Quigley MD, Ireland/USA; Peter Whorwell, MD, UK; Katie Zarzar, USA

# ASSOCIATES OF ROME



**The Associates of Rome program has grown to well over 800 members in 73 countries since its inception in 2010. Members are enjoying benefits such as:**

- Discounts on Rome products
- Bi-annual printed newsletter
- Conference registration discounts
- Certificate of Association
- Rome pin
- Printed copy of "Diagnostic Algorithms for Common Gastrointestinal Symptoms"

#### **New Associates benefit!**

All Associates of Rome are eligible to download individual slides from the Computer-Based Learning Program (CBLP) for FREE from our website.

Please contact [mpickard@theromefoundation.org](mailto:mpickard@theromefoundation.org) to obtain the discount code.

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**October 18-22, 2014**  
 Vienna, Austria

Get more international exposure, interest and potentially reward for your abstract at UEG Week Vienna 2014



In 2014 UEG focuses on interactive features in free paper sessions and digital poster formats for improved poster rounds and more small group in-depth scientific discussions. Submit your abstract until April 22, 2014 and qualify for UEG Week Awards:  
<https://www.ueg.eu/week/abstract-submission/>

Search the online programme and register for UEG Week with the early registration fee until May 15!

Find out more, visit [www.ueg.eu/week](http://www.ueg.eu/week)

**The Rome Foundation/AGA Institute Lectureship at Digestive Disease Week 2014**

*“Understanding and Treating the Brain’s Contribution to Pain”*

Sunday, May 4, 2014; 8:00 - 9:30 AM  
 Room S102ABC; McCormick Convention Center; Chicago, Illinois



**Irene Tracey, PhD**  
 Oxford Centre for Neuroethics  
*Central mechanisms of pain*



**Laurie Keefer, PhD**  
 Northwestern University  
*Behavioral interventions for pain management*



**Douglas A. Drossman, MD**  
 Center for Biopsychosocial Patient Care and UNC  
*Centrally-targeted pharmacotherapy for chronic abdominal pain*



## Digestive Diseases Pan-American Week (SPED) October 6-9, 2014 Buenos Aires, Argentina

Rome will present a symposium on the following topics on  
**Wednesday, October 8; 2:00 - 4:00 PM in the Atlántic room**

**Moderators: Doug Drossman, MD and Carlos Francisconi, MD**

***The Road to Rome IV***  
**Doug Drossman, MD**

***The Role of Food in FGIDs***  
**William D. Chey, MD**

***The Role of Microbiota in IBS***  
**Magnus-Simren, MD, PhD**

***Use of Pictograms in the investigation of FGIDs***  
**Max Schulson, MD**

***New Treatments in FGIDs (Focus on IBS and Functional Constipation)***  
**Lin Chang, MD**

**Q&A: Doug Drossman and Carlos Francisconi-Moderators**

**More information can be found at [www.gastro2014.com](http://www.gastro2014.com)**

### WE ARE PLEASED TO PROVIDE SOME OF THE ARTICLES THAT HAVE BEEN PUBLISHED OVER THE LAST YEAR THAT HIGHLIGHT THE ROME CRITERIA.

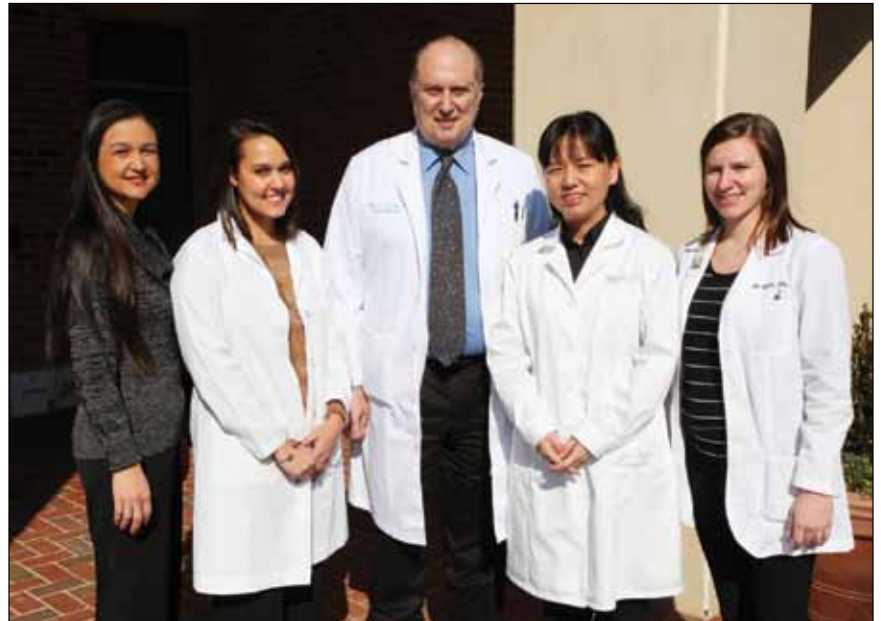
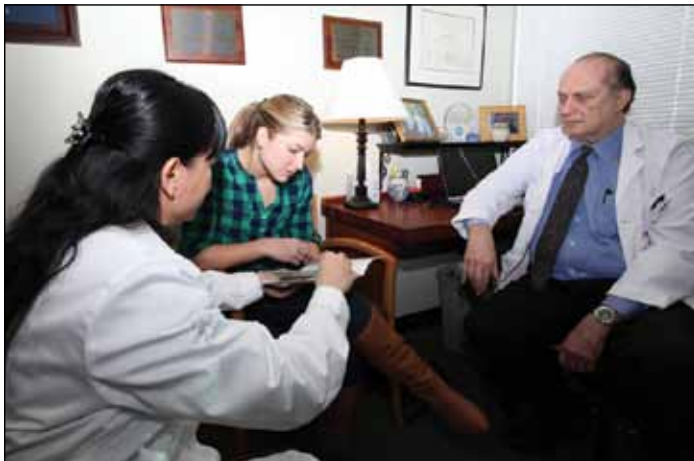
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- 12: Song KH, Jung HK, Min BH, Youn YH, Choi KD, Keum BR, Kyu CH. Development and Validation of the Korean Rome III Questionnaire for Diagnosis of Functional Gastrointestinal Disorders. J Neurogastroenterol Motil. 2013 Oct;19(4):509-515.

## THE ROME FOUNDATION'S ROLE IN CHINA

Over the last 2-3 years the Rome Foundation has introduced a major initiative to expand their global educational and research activities including the Rome IV project with Latin America, Eastern Europe and Asia. With regard to Asia, the Rome Foundation is pleased to have Meiyun Ke MD (China) join the International Liaison Group to help promote educational activities and serve as a liaison to the Rome Foundation from this geographical area. We are excited about the opportunity to train Chinese doctors so they may better serve their patients with functional gastrointestinal disorders (FGIDs).

This January the Rome Foundation had the honor of hosting its first Chinese Visiting Scholar, Li-Hua Peng, MD. Dr Peng visited Chapel Hill, North Carolina for three weeks to work with Rome Foundation president, Douglas Drossman MD. At his clinic, Drossman Gastroenterology, PLLC and Rome Foundation Board Member, William Whitehead PhD at the University of North Carolina at Chapel Hill's Center for Functional GI and Motility Disorders. Dr. Peng is a prominent gastroenterologist and Associate Chief Physician at the Chinese People's Liberation Army General Hospital in Beijing. She works closely with Yunshang Yang, MD, who is the President of the Chinese Society of Gastroenterology as well as the head of the GI group at the Peoples Liberation Army Hospital. Both are committed to learning more about functional GI disorders and educating healthcare providers in China about these GI disorders since this area of gastroenterology is not well taught in China.

Dr Peng spent time at Drossman Gastroenterology seeing



*Pictures from left to right: Ceciel Rooker, Nadia Hoekstra, Douglas Drossman, MD; Li-Hua Peng, MD; and Kellie Bunn.*

patients with Dr Drossman and his Physician's Assistant, Kellie Bunn. She spent two days per week in clinic and was able to observe and interact with both first-time patients and follow up visits. While in Chapel Hill she also spent time with Dr Whitehead at the University of North Carolina. She was able to participate in his research lab meetings as well as meet with both junior and senior faculty at the University.

With special interest in functional gastrointestinal disorders and motility, Dr. Peng has been a gastroenterologist for 18 years. She came to Chapel Hill so she could gain first-hand experience treating patients with in functional GI disorders using a biopsychosocial approach, which is one of the importance concepts in the Rome Foundation. As Dr. Peng finished up her time in Chapel Hill she stated, "I will be able to do things a lot differently." She noticed that patient education is very important in the United States, remarking on the many resources and brochures available to patients. "I also plan to train my colleagues about the need for patient education resources so we can better inform our patients."

The Rome Foundation plans to continue this initiative by inviting other clinicians and investigators from China to the academic programs of Rome Foundation members. In addition the Foundation plans to participate in symposia at Chinese GI meetings to increase the knowledge of Chinese Gastroenterologists in general.



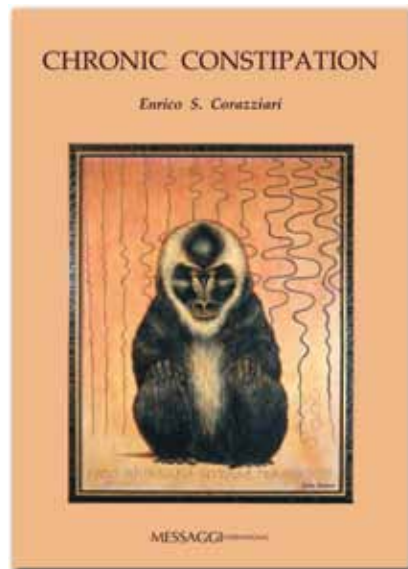
**The Rome Foundation is seeking to develop a Visiting Professorship and Lectureship series to increase educational exposure in the area of functional GI disorders (FGIDs) to clinicians and trainees.**

**We propose to develop this using the following two models:**

- **The Rome Foundation Visiting Professorship.** We will identify top level investigators and clinicians within the Foundation to visit an academic medical center for a period of 1-3 days to provide a variety of activities: a) Medical and/or Gastroenterology Grand Rounds, b) Clinical case conferences with trainees, c) Individual advisory meetings with young aspiring faculty and trainees seeking to develop a career in the FGIDs, d) Workshops or other more intense training programs in their area of expertise if requested. The Foundation would advertise and then solicit applications from medical centers. We will then identify the best speaker that will meet their specific educational needs. There will be an evaluation form filled out by the institution after the visit. We anticipate setting up 6-12 visiting professorships over two years.
- **The Rome Foundation Visiting Lectureship.** This will usually be a one day visit either to an academic program or large clinical practice program, gut club or community oriented educational venue. The speaker might give a grand rounds to an academic program, a round table or lecture to a community educational venue or gut club. It may be possible to link presentations (e.g. a GI grand rounds in daytime and community gut club in evening) over a 24 hour period. There will be an evaluation form filled out by the institution after the visit. We anticipate setting up 25-50 presentations over 2 years.



**We anticipate this program beginning in November of this year and running through October 2016. For more information on the program, please contact Kaylie Gibson at [kgibson@theromefoundation.org](mailto:kgibson@theromefoundation.org). For information on sponsorship opportunities, please contact Ceciel Rooker at [crooker@theromefoundation.org](mailto:crooker@theromefoundation.org).**



**It is available for purchase for Euro 42,00 through the publisher: Messaggi International srl, Milan, Italy**

## **NEW BOOK ON CHRONIC CONSTIPATION**

by Enrico Corazziari, MD

Enrico Corazziari MD, former Rome Foundation Board member, has published a new book, *Chronic Constipation* (Ed Messaggi International 2013). It features two relevant aspects that have changed the millenary history of the management of this condition. First, considering chronic functional constipation a primary disorder requiring continuous treatment. Second, is the use of polyethylene glycol (macrogol) solutions that, because of its efficacy and safety, differently from previous laxatives, has changed the management of chronic constipation from the traditional diagnostic-therapeutic algorithm to a therapeutic-diagnostic one.

The first part of the book is dedicated to the clinical management in which particular attention is given to the physician's initial approach to the patient based on a biopsychosocial behavioral model leading to the diagnostic and therapeutic interventions mainly determined by the patient's previous behavior. The second part deals with several aspects, such as epidemiology, pathophysiology, pharmacology and other information that can be consulted in support of the first clinical part. The subject index is comprehensive and helpful to rapidly find the required information.



## UPDATE FROM THE INTERNATIONAL FOUNDATION FOR FUNCTIONAL GASTROINTESTINAL DISORDERS (IFFGD)

SPRING 2014

By Jill Godsey

IFFGD continues to focus its efforts on helping those affected by functional GI and motility disorders. Whether through educational materials, advocacy efforts, or research grants and support, we are dedicated to serving this patient group and giving them ways to take action to better understand their conditions and advocate for their own needs.

### PATIENT RESOURCES

We receive many calls and emails from patients who are looking for educational information about functional GI and motility disorders and names of medical professionals who can treat people with these conditions. To help fill this need, we maintain a listing of healthcare providers to help individuals find care in their area. We would like to invite you to be added to this list. It is important that patients are able to find physicians and other healthcare providers that are knowledgeable about functional GI and motility disorders so that they can learn to best manage their symptoms. If you're interested being included on our patient resource, please fill out this online form <http://www.iffgd.org/carelocator/iffgd-patient-resource-form>. We are always pleased to find more clinicians who are interested in treating this patient population.

### RESEARCH

We are very excited to have recently presented three \$40,000 grants for research into idiopathic gastroparesis. After careful review of applications from investigators all over the world, the following three investigators were chosen to receive the grants:

**Leo K. Cheng, Ph.D., Auckland Bioengineering Institute, The University of Auckland**

Dr. Cheng's research is aimed at developing a method that can identify the underlying signaling pattern that is controlling and coordinating a person's stomach motility, so as to create a tool for use in clinical practice when treating idiopathic gastroparesis and chronic unexplained nausea and vomiting.

**Braden Kuo, M.D., Massachusetts General Hospital**

Dr. Kuo's research is focused on using MRI as a non-invasive way to measure gut transit and motility, as well as to better understand the biomechanical properties of the stomach wall and motor function in individuals. The ultimate goal is to have one technique that doctors can use that tests for multiple abnormalities at the same time and serves as a guide for diagnosis and individualized treatment in idiopathic gastroparesis

**Richard W. McCallum, M.D., Texas Tech University Health Sciences Center**

Dr. McCallum's work will help define the role of nerves and electrical activity in stomach motility and in the generation of symptoms in gastroparesis. Using non-invasive electrical stimulators, his research will explore the use of acupuncture points to reduce nausea and vomiting, with the goal of providing

a new and practical therapy option for treatment of these symptoms and their complications.

We would like to give special thanks to our Selection Committee members – Kenneth L. Koch, M.D., Henry P. Parkman, M.D., Pankaj J. Pasricha, M.D., J. Patrick Waring, M.D., and William E. Whitehead, Ph.D., Committee Chair – for their time and careful consideration in selecting our grant recipients.

These research grants were made possible by donations and fundraisers hosted through our grassroots arm, the Digestive Health Alliance, to raise money specifically for gastroparesis research. We are grateful to have such amazing and dedicated supporters and appreciate all they do in the hopes of making a difference for those with these conditions.

### ADVOCACY & AWARENESS

Save the date! June 23–24, 2014 will be our annual DHA Advocacy Day in Washington, D.C. Patients, physicians, and other members of the digestive health community are invited to join us as we meet with Congressional representatives on Capitol Hill to educate them about functional GI and motility disorders and critical needs for increased research funding support.

Advocates help fill the informational gap surrounding functional GI and motility disorders for policymakers, something that is important to all of us. By sharing your perspectives in Washington, you can help explain the implications that chronic digestive disorders have on patients and society. Register now for DHA Advocacy Day at [www.dha.org/advocacy2014](http://www.dha.org/advocacy2014). We encourage you to join us in Washington in June, but if you aren't available there are other ways to take action to support research for GI conditions. Stay connected with us by joining our eNewsletter list to find out more - <http://www.dha.org/sign-e-news>.

Included in our advocacy efforts on Capitol Hill is the push for support of The Functional GI and Motility Disorders Research Enhancement Act, which is currently in the House as H.R. 842. The entire digestive health community can benefit from this bill, and you can easily take action to help get the crucial support it needs. Visit our webpage at [www.iffgd.org/hr842action](http://www.iffgd.org/hr842action) to ask your Representative to support H.R. 842. By taking just a few moments, you can help make additional dollars for functional GI and motility disorders research a reality.

We are preparing for IBS Awareness Month in April and excited to share some new educational resources with the digestive health community. Please stop by our booth at DDW in May to learn about how you can share it with your patients!

These are issues that are important to all of us. Thank you for your continued support of IFFGD. We are grateful for your hard work and dedication to this community. Thank you for all you do.



# The Rome Foundation encourages you to visit our exhibit booths at conferences around the world

- FREE copies of the Rome Foundation Diagnostic Algorithms for Common Gastrointestinal Symptoms on CD-ROM and in print
- Information on the Associates of Rome and FREE enrollment
- Products for sale (at a discount)
  - Rome III book
  - Computer-Based Learning Program
  - Understanding the Irritable Gut
- Dozens of FREE Handouts on Functional GI Disorders



Visit us at Booth 2909



Visit us at Booth 740



Look for us in the Exhibit hall



Location: Boston, MA  
Date: September 12-14, 2014

Visit us at Booth 1613



Look for us in the  
Exhibit Hall



Look for us in the Exhibit Hall



## ROME FOUNDATION ADMINISTRATION

### ABOUT THE ROME FOUNDATION

The Rome Foundation is an independent not for profit 501(c) 3 organization that provides support for activities designed to create scientific data and educational information to assist in the diagnosis and treatment of functional gastrointestinal disorders (FGIDs). Our mission is to improve the lives of people with functional GI disorders.

Over the last 20 years, the Rome organization has sought to legitimize and update our knowledge of the FGIDs. This has been accomplished by bringing together scientists and clinicians from around the world to classify and critically appraise the science of gastrointestinal function and dysfunction. This knowledge permits clinical scientists to make recommendations for diagnosis and treatment that can be applied in research and clinical practice.

The Rome Foundation is committed to the continuous development, legitimization and preservation of the field of FGIDs through science-based activities. We are inclusive and collaborative, patient-centered, innovative and open to new ideas.

The goals of the Rome Foundation are to:

- Promote clinical recognition and legitimization of the functional GI disorders
- Develop a scientific understanding of their pathophysiological mechanisms
- Optimize clinical management for patients with FGIDs



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