



ROME FOUNDATION REPORTER

Volume 10, Issue 2, Fall 2017

Rome Foundation Newsletter



PRESIDENT'S REPORT

Douglas A. Drossman, MD
President, Rome Foundation
Fall 2017

Dear Rome Foundation Members, Friends and Sponsors,

It's a pleasure to give you an update on Rome Foundation activities for 2017.

PERSONNEL CHANGES

After 9 years of dedicated service to the foundation Ms. Ceciel Rooker, our Executive Director has taken on a new position as Executive Director at the International Foundation for Functional GI Disorders (IFFGD). Ceciel has had a pivotal role in helping to bring the Foundation to its current level of recognition in several ways: increasing our media exposure and marketing efforts, as editorial manager of the Rome IV books, coordinating a growing number of administrative staff, planning meetings and also serving as the "go to" person for the board, our staff and our friends and sponsors. Ceciel has taken on a new mission, to expand the educational and lobbying activities of IFFGD. We believe her work will harmonize with Rome: to help improve the lives of patients with FGIDs. Ceciel will be greatly missed and we wish her success and with the hope that we will develop closer collaborations with the IFFGD in the future.

Fortunately, I am very pleased to welcome Johannah Ruddy M.Ed. recently from Albuquerque to join as our new Executive Director. Johannah comes to us with over 17 years of knowledge and experience in marketing, event planning, media, fundraising and general leadership involving medical non-profit organizations. Johannah is currently reorganizing our administrative structure, and is working with me and other board members on our current and developing initiatives. Speaking for myself and the board we wish Johannah great success and a productive association over the coming years.

As noted we are reorganizing our growing administrative staff to meet current needs relating developing educational and research initiatives. Emily McGee, has now taken on the task of project manager and will also serve as executive administrator to the President. Emily will help to coordinate our current and emerging initiatives. Ceara Owre, who has previously served as our webmaster is now taking on additional initiatives in coordinating our online store and also serving as newsletter editor. Hayley McCorkle has begun working as coordinator for copyright and licensing as well as our social media coordinator

and will handle our new facebook page, twitter, research gate and related internet activities for the Foundation. Sherita Barnes is our administrator handling bulk sales shipping, meeting preparation and data management. Wink Hilliard Jr. continues to serve as our financial officer, and Mark Schmitter is increasing his work responsibilities to help with various aspects of marketing.

ROME IV LAUNCHES DIGITAL PRODUCTS

Since DDW in Chicago last May we have focused on increasing awareness of our Rome IV digital products to the global GI community: **Rome IV Interactive Clinical Decision Toolkit, Rome IV online, Rome IV eBooks, and Rome IV slide sets.** For further information and for ordering go to: www.romeonline.org/?post_type=product.

ROME IV ONLINE – BY SUBSCRIPTION

After some technical delays, I am pleased to say that the entire Rome IV content are now available. There are several enhanced features of Rome IV online: 1) For the main Rome IV book, the online content has over 40% more information than is available in the printed version. 2) Users can now access information using free-text searching within a chapter, book or even across all book platforms in addition to using the usual navigational tools in order to obtain content. For example, searching "functional dyspepsia" will lead to links in the Rome IV, diagnostic algorithm, MDCP, and the pediatric and primary care books. 3) The online content also includes nearly 700 hyperlinked graphic images that are not available in the Rome IV printed books. These images can also be obtained as a slide set and also purchased individually either through our store or directly when using the online book.

We are also looking to partner with a publishing house to develop site licensing for hospitals and academic institutions. Rome IV Online is purchased by renewable subscription for one month, six months, one year and lifetime. The content is password accessible for convenience for clinicians, investigators and institutions, and there will be several discount options available for those who also purchase the companion hard copy books. We are also ordering discounts for bulk orders

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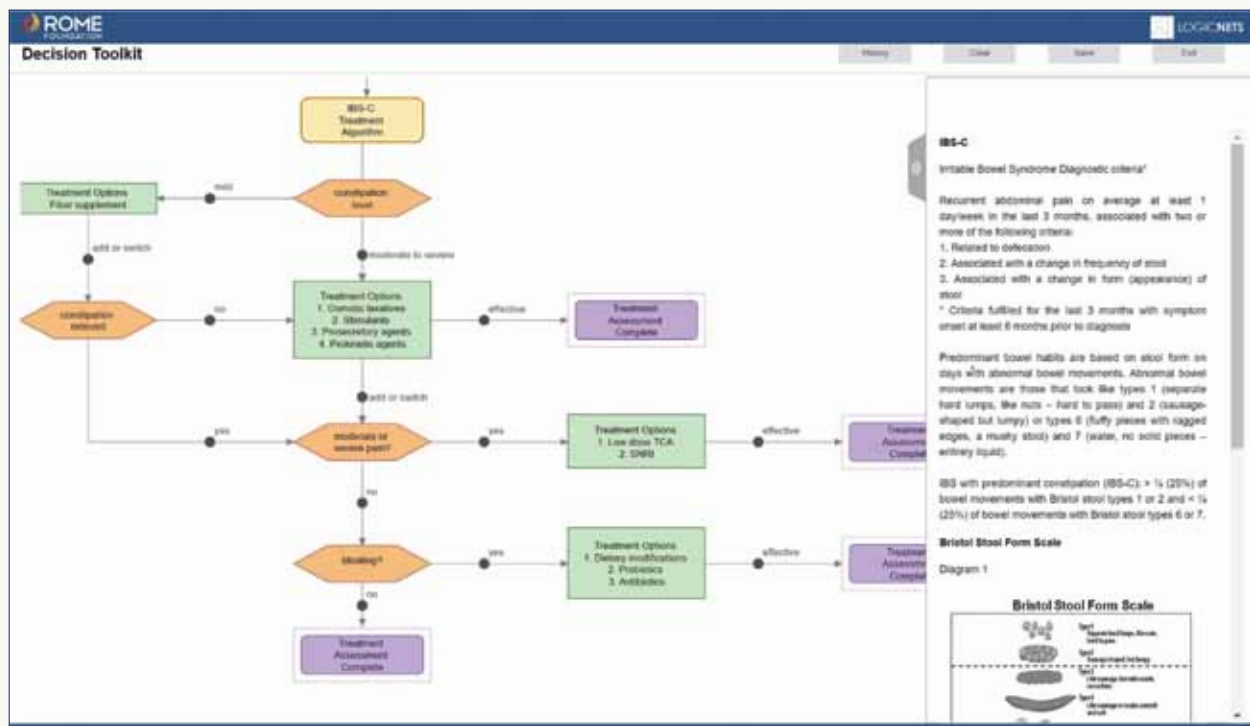


Figure 1

ROME IV EBOOKS

Electronic format books (eBooks) for the 6 Rome IV printed books (Rome IV volumes 1 and 2, MDCP, algorithms, pediatric, primary care and questionnaire books) are now available through Amazon.com. Simply go online and search “Rome IV”. These new eBooks may be purchased at the same price as the printed editions individually or in bulk discounts.

ROME IV INTERACTIVE CLINICAL DECISION TOOLKIT – A ROME FOUNDATION/LOGICNETS® STRATEGIC PARTNERSHIP

The Rome Foundation in partnership with LogicNets®, producers of intelligent decision-support automation platforms, have just released the Rome IV Interactive Clinical Decision Toolkit. This intelligent software system addresses the sophistication and complexity of FGID diagnosis and treatment by providing an online resource to assist practitioners in achieving optimal clinical outcomes. It offers a powerful online and interactive approach for accessing the combination of the Rome IV Diagnostic Algorithms and the Rome IV Multidimensional Clinical Profile for FGIDs (MDCP).

A select committee of expert clinicians from The Rome Foundation Board of Directors and Rome IV chapter members has worked over the last two years to refine information from these two sources to create an intelligent and flexible software platform capable of being modified as new information accumulates, ensuring that the toolkit

provides the most up-to-date compendium of clinical information in one place.

Users will have access to the full range of Rome IV diagnostic algorithms and MDCP treatment guidelines with options to explore, select, and de-select different factors or decision points in any order. Through its logical series of interactive questions, the toolkit will help practitioners in real-time care of their patients shape diagnostic and treatment pathways for optimal outcomes, and revise them later should new symptoms or conditions arise. (Figure 1).

While educating its users, this intelligent software program also continues to learn. Practitioners can use the program to log their conclusions, providing important confirmation of the toolkit’s efficacy, or ask for enhanced guidance for providing accurate inputs, which will also help us increase program’s usefulness and accuracy. Should uncertainties in the use of the toolkit arise, that information will be made available to our board of experts who will modify its algorithms to improve its performance.

This innovative program can aid practitioners around the world to successfully access Rome expertise, diagnose and treat patients, increase their own knowledge and credentials, and through interaction with this constantly-learning program contribute to outcomes-based learning. For further information and video demonstrations go to: <http://theromefoundation.org/rome-iv-interactive-clinical-decision-toolkit/Slide Sets>

Rome Foundation slide sets provide information in attractive,

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ROME FOUNDATION BOARD OF DIRECTORS



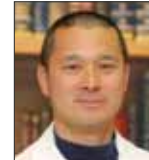
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Göteborg, Sweden



Ami Sperber, MD
Beer-Sheva, Israel



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.”

TABLE OF CONTENTS

PROGRAM AND PROJECT UPDATES

PRESIDENT'S REPORT.....	1-5
ROME IV INTERACTIVE DECISION TOOLKIT.....	6
THE ROME FOUNDATION RESEARCH INSTITUTE.....	7
EDUCATION PROGRAM UPDATE.....	8
ROME MENTORING PROGRAM.....	9
ROME FOUNDATION RESEARCH PROGRAM.....	10
ROME IV ONLINE.....	11
ROME PSYCHOGASTROENTEROLOGY SECTION.....	12
AGA – ROME PARTNERSHIP.....	13

ANNOUNCEMENTS

WELCOME JOHANNAH RUDDY.....	14
ROME CRITERIA REFERENCE LIST.....	15
UPDATE FROM IFFGD.....	16

MEETING AND EVENTS

AGA - ROME LECTURESHIP AT DDW 2018.....	18
UEG WEEK 2017.....	18
VISIT OUR BOOTH AT UPCOMING CONFERENCES.....	19

easy-to-read, multicolor images that include a legend and up-to-date references. They may be used for self-learning or as part of presentations at meetings and conferences

ROME IV SLIDE SETS (see Figure 2)

ROME IV (FROM ROME IV ONLINE)

Taken from Rome IV book chapters containing 664 PowerPoint graphical images and videos, this slide set also includes 58 slides on Rome IV diagnostic criteria. All slides were created by the Rome IV chapter committees to supplement the text material and are only available with the online version of Rome IV or as a DVD set. This product includes the 35 slide Rome IV Diagnostic Algorithm slide set, which may be purchased separately as well.

THE ROME IV DIAGNOSTIC ALGORITHM SLIDE SET

This set of 35 slides includes all the clinical presentations in the Rome IV Diagnostic Algorithm book. Each slide shows the recommended algorithm for each diagnostic workup and also includes clinical information explaining the decision pathways.

ROME IV MDCP SLIDE SET.

The MDCP slide set is an effective educational tool with 2-3 slides each on 72 individual cases offered as examples in the MDCP containing the history, MDCP categories in play, and recommended treatments for them. The full set contains 204 PowerPoint slides for the MDCP cases.

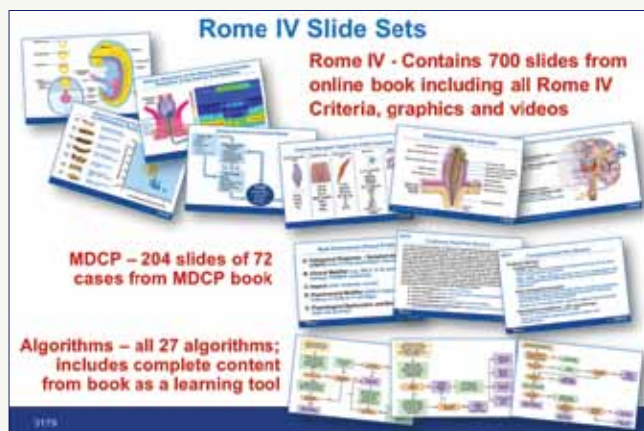


Figure 2

VISITING PROFESSORSHIP AND LECTURESHIP PROGRAM

As a nonprofit academic organization with high credibility in the field, the Rome Foundation well placed to develop a cutting-edge curriculum for diagnosis and treatment of FGIDs. We therefore consider our Visiting Professorship and Lectureship Program, now in its third year, a key facet of the Rome Foundation's mission and Rome IV's launch in particular. The Program helps us imbed scientists and clinicians familiar with Rome IV in medical centers and support their speaking at GI meetings to share the most up-to-date information on FGIDs and brain-gut interactions, including that in Rome IV, with GI professionals. Awards for 2017 have been funded. Please follow our website for the 2018 applications in the Spring

NEW ROME FOUNDATION MAJOR INITIATIVES

Rome Foundation Initiative to Produce a Research Institute

If we look at the evolution of the Rome Foundation's foci of activities, we begin in the early 1990's to create research criteria (Rome I). In the 2000's we expanded and updated this task (Rome II) and brought in industry support to help us. Several years later we reached out to encourage translations and engaged in other global activities to promote our knowledge (Rome III). Now we have increased the ways in which this information is disseminated through printed books, online products and reaching into other cultures, pediatrics and primary care.

What is next? For the next 5 – 10 years we would like Rome to promote and support a major research agenda. In May, 2017 the Rome Foundation Board has taken a major step: "To create an international academic research initiative to advance scientific understanding of the disorders of gut-brain interaction". This will be accomplished through two objectives:

1. To develop a centralized data acquisition and research coordinating center with several components
 - a. An administrative infrastructure consisting of a research director, research manager, and scientific and administrative personnel as required
 - b. A research core responsible for the development, validation and acquisition of research questionnaires, including e-questionnaires for internal use and licensing to other investigators and industry
 - c. An international patient database of a clinically precise population based on Rome criteria.
 - d. An international biobank of specimens acquired from the patient database to investigate potential biomarkers
2. To serve as an international clearinghouse for investigators and industry in the development, administration and analysis of clinical research
 - a. Create an international database of investigators for networking and collaboration
 - b. Create an international network for conducting clinical trials as Rome-, investigator, industry or government-initiated.
 - c. Obtain dedicated research grants aiming at collaborative efforts between the Rome Foundation, leading scientists and industry
 - d. Create a biometry core to handle large scale epidemiological and clinical data analysis

This initiative will lead to the creation of the Rome Foundation Institute. We have begun by naming Magnus Simren MD, a member of the RF board as the Research Director and a steering committee consisting of key investigators from around the world. We are acquiring industry partners to help us develop a planning grant and we expect to launch our plans at DDW 2018. Stay tuned for this exciting initiative.

DEVELOPMENT OF THE ROME FOUNDATION PSYCHOGASTROENTEROLOGY SECTION

In keeping with our understanding of the FGIDs as disorders of gut-brain interaction we have also initiated a program: "To provide, the structure and opportunity for growth among the increasing population of mental health professionals with interest and experience in evidence-based practice of psychogastroenterology". Initiated by Laurie Keefer PhD, a member and co-chair of the Rome IV biopsychosocial and

abdominal pain book chapters respectively and joined by Sarah Kinsinger PhD, they have created an infrastructure with the goals to:

- Promote the use of evidence-based behavioral treatments for GI disorders internationally
- Encourage development of interdisciplinary psychosocial GI programs in gastroenterology practices through expert consultation and lectureships
- Connect with national and international GI organizations to enhance the visibility of psychosocial GI providers and encourage collaboration
- Expand our field into previously under-studied areas of psychogastroenterology, including inflammatory bowel diseases, pancreatitis and other biopsychosocially complex digestive conditions.

The group had its first meeting at the ANMS meeting in July. They have developed a mailing list of members and will continue to work with the Foundation to offer consultations, workshops and webinars for gastroenterologists and other medical clinicians, provide training opportunities for psychologists wishing to work with the GI population and to serve overall as a nidus in the field for this developing area of gastroenterology. I anticipate some wonderful new initiatives to come from this group.

ROME FOUNDATION MENTORING PROGRAM

This year we launched the First Annual Rome Foundation

Investigator Mentoring Program. Directed by Rome Foundation Board members Magnus Simren and Jan Tack, and with the assistance of two experienced administrators Dianne Bach and Michael Stolar (formerly of the AGA), we have provided a venue for early-stage investigators to obtain expert consultation on research that they are developing.

The program seeks out usually early career investigators who are interested in or are already investigating functional GI disorders and/or GI motility problems but who lack sufficient mentoring input or support for their project. Participants are selected via a competitive application process conducted by the Foundation. The mentoring program held a special session at DDW during which 5 young investigators presented proposed research studies to experienced investigators (Foundation Board and others invited by the Foundation) for review and feedback and we plan to make this an annual event.

We are excited as we embark on the 2nd year of the Rome IV Launch especially as we now can share our newest educational products and initiatives with the broad and global GI Community. I would like to thank everyone who came to our events, visited our booths, and showed interest in The Rome Foundation's work. Thank you for your continued support of our mission, and for your work in improving the lives of patients everywhere.



Douglas A. Drossman, MD
President, Rome Foundation

**THE ASSOCIATES OF ROME PROGRAM
HAS GROWN TO WELL OVER 2000
MEMBERS IN 84 COUNTRIES SINCE ITS
INCEPTION IN 2010.**

**Associates
OF ROME**

Members are enjoying benefits such as:

- Discounts on Rome products
- Quarterly newsletters
- Conference registration discounts
- Certificate of Association
- Specially designed Associates of Rome pin

New Associates Benefit!

All Associates of Rome are eligible to download up to 15 Rome IV slides from the Rome IV Slide Set for FREE from our website.

To join, please visit our website at www.theromefoundation.org/associates-of-rome-program/.



ROME IV INTERACTIVE DECISION TOOLKIT

Available for Online Purchase and Use



Chaitanya Pabbati, MD

The Rome IV Interactive Decision Toolkit is now available for online purchase and use. This project is the culmination of a nearly three year collaboration between the Rome Foundation and LogicNets, with the goal of creating the first online interactive clinical decision-

making toolkit. Using the Rome IV Diagnostic Algorithms and the newly developed Rome Multi-Dimensional Clinical Profile, we have created a program that allows clinicians to go through complex clinical decision-making for patients with Functional Gastrointestinal Disorders (FGID).

Users will start by selecting the chief organ system in which the patients is having symptoms, with questions prompting the clinician to screen for specific findings on physical exam or laboratory investigation. Following this, the user will be asked to consider specific screening laboratory tests, question the patient about physical exam findings, and conduct additional examinations, all based on data input about their specific patient. Gradually, they will be directed towards a specific FGID diagnosis.

Once the user has arrived at a diagnosis, the next part of the Toolkit will guide them towards a treatment plan. By incorporating the common psychosocial stressors which can complicate treatment and impact the outcome for patients with FGIDs, our Toolkit allows users to custom design a multi-faceted treatment plan for patients. All our recommendations are based on expert consensus, with

tiered recommendations for pharmacological, lifestyle, and invasive treatments for patients.

The Rome IV Interactive Decision Toolkit is the first clinical decision-making toolkit on the market available to physicians of any specialty, guiding users all the way from the diagnostic process to the final treatment outcome. It is designed to allow easy updates as new information is published, and also allows for user feedback and input. Currently the toolkit is fully functional for all adult FGID cases, but will soon also include pediatric diagnostic and treatment modules.

In a newly released video on the Rome Foundation website, Dr. Douglas Drossman discusses the features of this new and exciting diagnostic tool, the Rome IV Interactive Clinical Decision Toolkit. View the video online at www.theromefoundation.org/rome-iv-interactive-clinical-decision-toolkit. To purchase, visit www.romeonline.org/product/rome-iv-interactive-clinical-decision-toolkit-logicnets/com.





Magnus Simrén, MD

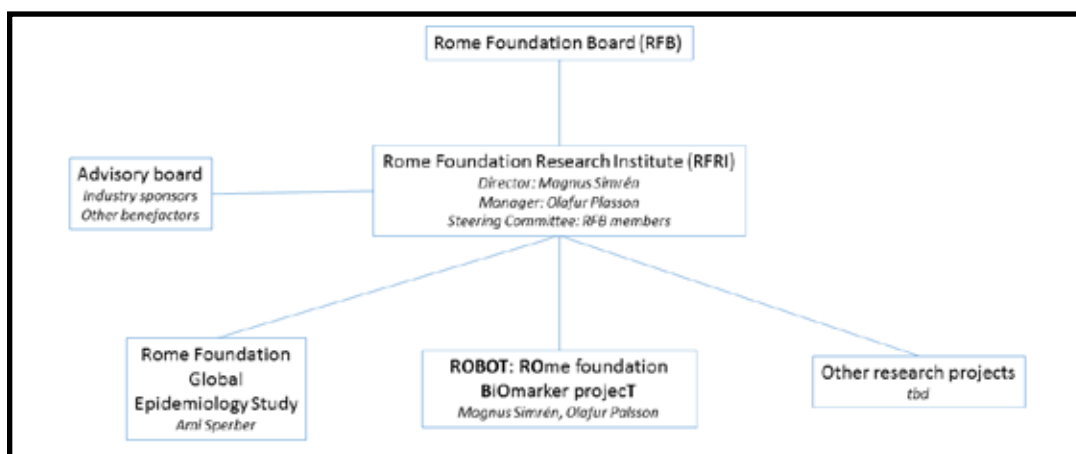
THE ROME FOUNDATION RESEARCH INSTITUTE (RFRI)

In the last several years the Rome Foundation has expanded its research initiative beginning with the Rome Foundation Global Epidemiology Study now underway. This has led to the current development and planning of the Rome

Foundation Research Institute (RFRI) to provide an infrastructure for multi-site multidisciplinary research. The institute will be directed by Prof Magnus Simrén (Research Director), together with a steering committee consisting of members of the Rome Foundation board of directors. Prof Olafur Palsson who has been involved in the Global Epidemiology Survey will serve as Research Manager. The details of the activities within the institute as well as the detailed organizational structure of the institute are currently planned together within the Rome Foundation and together with representatives from pharmaceutical companies interested in supporting this initiative. The goal of RFRI is to create an international academic research initiative to advance scientific understanding of the disorders of gut-brain interaction, with two main objectives; 1. To develop a centralized data acquisition and research coordinating center; 2. To serve as an international clearinghouse for investigators and industry in the development, administration and analysis of clinical research. More specifically, the RFRI will have an administrative infrastructure consisting of a research director, research manager, and scientific and administrative personnel as required, as well as a research core responsible for the development, validation and acquisition of research questionnaires, including e-questionnaires for internal use and licensing to other investigators and industry. It will also develop an international patient database of a clinically precise population based on the Rome criteria, and organize the set-up of an international biobank of specimens acquired from the patient database to investigate potential biomarkers. The RFRI will also

create an international database of investigators for networking and collaboration, which will enable international network for conducting clinical trials as Rome-, investigator, industry or government-initiated. Moreover, the goal will also be to obtain dedicated research grants aiming at collaborative efforts between the Rome Foundation, leading scientists and industry. The institute will also create a biometry core to handle large scale epidemiological and clinical data analysis.

Within RFRI different studies and research programs will be initiated, with a large multicenter study aiming at defining relevant biomarkers in functional GI disorders (ROBOT – ROME foundation BiOmarker project) as one example, as well as the ongoing Rome Foundation Global Epidemiology Study and other to follow (Figure 1). Over the last several years the Rome Foundation has created a research network of experts around the globe with the aim of performing collaborative research in the field of FGIDs. This is currently being implemented through our large, global epidemiology study performed by experienced researchers and clinicians in participating countries, the Rome Foundation Global Epidemiology Study. This study is currently evaluating the population prevalence of FGIDs in more than 70,000 adults in 33 countries, in addition to assessing factors associated with fulfilling diagnostic criteria for one or more FGIDs. The organization developed in this study will form the backbone of new studies within RFRI, including the ROBOT study, which is currently in the planning stage. Funding for the RFRI will be sought through investigator initiated research proposals, and partnerships with suitable partners, such as industry, including pharmaceutical, nutritional, diagnostic and device companies and academic organizations. Funding could also come from large funding bodies like NIH, ERC, Wellcome Trust, as well as charities and benefactors. In the coming newsletters we will update you with more detailed information about this exciting initiative and the activities planned as part of the expanding research portfolio within the Rome Foundation.





Lin Chang, MD

EDUCATIONAL PROGRAMS ON FUNCTIONAL GI DISORDERS FOR HEALTH CARE EXTENDERS

An international internet survey assessing severity and management of almost 2000 IBS patients reported that a substantial number of patients saw nurse practitioners (NPs)/physician assistants (PAs), dietitians/nutritionists, and others for their symptoms in addition to primary care physicians and gastroenterologists. Most patients were not satisfied with the treatments they were given and felt that the burden of illness was considerable. These findings highlight that the treatment needs of the large number of dissatisfied patients are not adequately met by their providers who may not be sufficiently trained in evidence based up to date methods of care.

Given that FGIDs are chronic and multifactorial, they are being managed from a multidisciplinary approach and over extended periods of time. It is becoming evident that there is a growing percentage of patients whose symptoms are predominantly managed by non-GI and PCP health care providers. Much of continuing medical education (CME) programs on FGIDs focus on gastroenterologists. There is a paucity of educational programs focusing on the diagnosis and management of patients with IBS and other FGIDs aimed at PCPs PAs, NPs, GI nurses, dietitians, and GI mental health providers. Enhancing the education of these health care providers who will over time increasingly carry the

burden of the care of these patients would likely improve patient care and treatment satisfaction.

The Rome Foundation is planning to develop regional CME courses tailored to Health Care Extenders, including PAs, NPs, GI nurses, dietitians and mental health providers. This 1.5 day course will cover both the content and process of care. Content areas will include diagnosis, pathophysiology, and treatment of the most commonly seen FGIDs, including IBS, chronic abdominal pain, chronic constipation and functional dyspepsia. Treatments will include both pharmacological (GI targeted and central) and non-pharmacologic therapies (diet, lifestyle changes) including behavioral treatments (CBT, hypnosis, mindfulness). Education in the process of care will include interactive learning sessions on patient-provider communication skills, sessions on the role of diet, lifestyle changes and complementary alternative methods. The curriculum will be created using Rome IV knowledge and speakers will include Rome Foundation members and other experts in the functional GI disorders field.

We are also conducting a survey amongst health care extenders to gauge their interest in this type of educational program, to understand the educational content they most need, and to obtain their preferences on the logistics of such a program. We feel that this is an exciting and much needed educational endeavor for our patients and health care providers.

ROME - AGA LECTURESHIP 2018

In an effort to enhance the dissemination of knowledge of functional GI disorders, the Rome Foundation has co-sponsored an annual lectureship with the American Gastroenterological Association (AGA) at the Digestive Diseases Week (DDW) meeting since 2008. Leading experts are invited to give state-of-the-art lectures on timely topics relevant to functional GI disorders. At the 2018 DDW meeting, the 11th annual AGA-Rome Rome lectureship on "Gut Microbiota and Functional GI Disorders" will

be presented. Dr. Giovanni Barbara, our esteemed Rome Board member and Chair of the Rome working team on Post-infection IBS will present findings from their working team report. Dr. Premysl Bercik is an innovative investigator who will lecture on gut microbiome-brain interactions including his most research findings. Dr. Eamonn Quigley is a well-respected physician scientist who has expertise in probiotics and gut microbiome in health and disease.

Symposium Title: GUT MICROBIOTA AND FUNCTIONAL GI DISORDERS (DISORDERS OF GUT-BRAIN INTERACTIONS)

Moderators: Lin Chang, Doug Drossman

- POST-INFECTIOUS FUNCTIONAL GI DISORDERS (FGIDS) (30 minutes), Giovanni Barbara
- GUT MICROBIOME-BRAIN INTERACTIONS: RELEVANCE FOR FGIDS (30 minutes), Premysl Bercik
- MICROBIOTA MODULATION IN FGIDS: PROBIOTICS, ANTIBIOTICS AND FMT (30 minutes), Eamonn M. Quigley

- UPDATE -

ROME FOUNDATION MENTORING PROGRAM



Jan Tack, MD, PhD

One of the goals of the Rome Foundation is to advance the scientific understanding of functional gastrointestinal disorders and to optimize their management. High quality research is a key element of progress in these areas, but there is often a lack of availability of experienced guidance and mentorship for young investigators

who are interested in setting up research in functional gastrointestinal disorders. To address this need, the Rome Foundation set up a Young Investigator Mentoring Program. The program had its initial meeting at Digestive Disease Week this year. The mentorship program creates an opportunity for researchers in the early stages of their careers to propose their research plans to experienced investigators (invited by the Foundation) who review the project, identify pitfalls or opportunities and give advice on how to improve them. The program is co-chaired by Magnus Simrén and Jan Tack and is co-organized by Dianne Bach and Michael Stolar, well-known from their past work for the AGA Institute.

The program was announced in January 2017 and applications were received in February 2017 of which 5 were selected for presentation and feedback at a meeting on Saturday afternoon during DDW. Both topics and the background of the candidates were highly varied, covering a wide variety of research on disorders of gut-brain interaction. The selected early career investigators

were Dr. Joshua Goldenberg (Bastyr University, Kenmore, WA) with a project on “Prospective Observational Study of Naturopathic Approaches to IBS in Academic Teaching Clinics”, Dr. Yujihiro Hayashi (Osaka University Japan and Mayo Clinic Rochester MN) with “Prevention of Age-related Senescence of Interstitial Cell of Cajal Stem Cells by Ezh2 b-Blockade”, Dr. Afrin Kamal (Cleveland Clinic, OH) with “Nutrient Drink test as a Tool to Diagnose Cyclic Vomiting Syndrome”, Dr. Yeong Yeh Lee (Universiti Sains Malaysia) with “Role of Imagery, Neuropsychophysiological Measures, Social Support and Quality of Life among Patients with Abdominal Bloating” and Dr. Neha Santucci (Louisiana State University, New Orleans LA) with “A Double-blind Randomized Controlled Trial to Assess the Effect of Improving Self-efficacy on Outcomes in Children with Functional Constipation”.

Each candidate presented his project during a few minutes before a panel of experts, including members of the Rome Foundation Board, but also some other academic and industry representatives. Panel members asked the presenting Young Investigators for clarifications where necessary and provided advice and guidance on a variety of topics, including focus of the research question, choice of study population, intervention and outcome assessment, if applicable.

Feedback from the participants and attendants was very positive, and the program will be continued at DDW 2018. There, not only will a new group of selected researchers in the early stages of their careers present their data, but also the 2017 selected candidates will provide an update on the evolution of their program. The call for new applicants will go out early in 2018.

IFFGD IS SEEKING APPLICATIONS FOR 2018 RESEARCH RECOGNITION AWARDS

The International Foundation for Functional Gastrointestinal Disorders (IFFGD) is seeking applications and nominations for our Research Recognition Awards to be offered in 2018. The Awards recognize and support young investigators who have a record of research interest and accomplishment in the basic mechanisms or clinical aspects of functional gastrointestinal and motility disorders. These awards of \$10,000 each are intended to encourage the participation of clinicians and scientists in multidisciplinary efforts aimed at advancing the understanding of these disorders in adults and in children. Individuals selected for awards will be recognized at IFFGD's Annual Breakfast at Digestive Disease Week (DDW) to be held in Washington, DC in June 2018 (date and time TBD).

The deadline for receipt of applications is November 17, 2017
For details visit: www.iffgd.org/research-awards

ROME FOUNDATION RESEARCH PROGRAM



Ken Heaton, MD

THE KEN HEATON AWARD

FOR THE MOST CITED PUBLICATION ON FUNCTIONAL GASTROINTESTINAL AND MOTILITY DISORDERS

The Rome Foundation will award a \$1000 prize each year for the most frequently cited publication on functional gastrointestinal and motility disorders. This award is named in honor of Dr. KW Heaton whose legacy to the study of the functional gastrointestinal disorders began with his early, novel suggestion that the irritable bowel syndrome (IBS) could be diagnosed by history without exhaustive testing. That idea inspired what became known as the Manning Criteria. Three of four Manning criteria survive in the Rome IV criteria for IBS. He also made possible the first epidemiologic survey of the disorders, and invented a visual metric on human stool characteristics that is incorporated into the Rome III IBS criteria. Thus, Ken's early concepts of the 1970s underlie IBS criteria to the present time. Dr. Heaton had other

career successes as well – research and a book on bile salt physiology; monographs, collaborations, books and book chapters on the IBS; and seminal papers on dietary fiber. His many trainees and international colleagues remember him as a thoughtful, kindly doctor, clinician and clinical investigator. Finally, Dr. Heaton developed the well known Bristol Stool Form Scale Now used in most clinical trials of IBS and also applied in clinical care. This award commemorates Dr. Heaton's work that inspired The Rome Foundation's pursuit of international diagnostic criteria for functional gut disorders.

The Ken Heaton Award will be made at Digestive Disease Week 2017. The winning paper will be selected from all papers describing original research on functional GI and motility disorders published in the calendar year two years prior to the Digestive Disease Week at which the award is made. Reviews will not be eligible for the award.



Ray E. Clouse, MD

RAY CLOUSE AWARD

FOR BEST RESEARCH PUBLICATION IN FUNCTIONAL GASTROINTESTINAL AND MOTILITY DISORDERS

The Rome Foundation established two \$1000 awards in memory of Ray E. Clouse, MD a gastroenterologist and scholar at Washington University School of Medicine and a devoted member of the Rome Foundation. Ray's academic career spanned 27 years of research, teachings and writings that has left an indelible mark in the field of functional GI and motility disorders and of gastroenterology in general.

Eligible papers must be published between January and December 2016 on empirical research related to functional GI or motility disorders, defined broadly, not excluding any category. Reviews and clinical guideline papers are not eligible.

For more information and to nominate papers, visit the Rome website
www.theromefoundation.org/programs-projects/research-program/ray-clouse-award/

Get up to date information and resources surrounding FGID anywhere, anytime via your web browser. [Learn more.](#)

Introducing Rome IV Online

It's finally here! A digital version of Rome IV books and catalogs for anytime access to the information you need surrounding functional gastrointestinal disorders (FGID).



Comprehensive Resources

Find 50 percent more content and resources than in the printed Rome IV book series. Rome IV Online also includes more than 700 hyperlinked figures that can be purchased as slides to simplify the way you train your staff, perform diagnostics, and develop treatment plans.

Searchable Content

We've simplified the way you find, research and gather diagnostic information. The catalog is completely searchable using various queries and search parameters that fit your unique clinical needs.

Stay Connected

The [online catalog of books](#) will be updated as we receive information from new studies and treatments surrounding FGID.

Rome Online gives you complete access to the information and resources you need to diagnose and treat FGID 24 hours a day, 7 days a week.

ORDER NOW!

Rome IV Knowledge Base is Now Available Online

The Rome Foundation has recently launched a major enhancement to its educational program that will provide an easier way to access Rome books and provide free-text searching across all book platforms. Now you can access Rome IV educational materials on your phone or any other device with internet connection. "By making the full Rome IV educational resources available online, we are furthering our mission of assisting in the diagnosis and treatment of functional gastrointestinal disorders (FGIDs)," commented Douglas A. Drossman MD, President of the Rome Foundation. "This is the first time we have offered Rome Foundation educational materials in an online format," added Dr. Drossman. "We are excited to increase the availability of the work of over 120 international experts in the field."

Rome Online includes all six Rome IV books plus 50% more content than what is found in the books.

- *Functional Gastrointestinal Disorders – Disorders of Gut-Brain Interaction* (volumes 1 and 2)
- *Multidimensional Clinical Profile for Functional Gastrointestinal Disorders: MDCP*
- *Diagnostic Algorithms for Common GI Symptoms*
- *Functional Gastrointestinal Disorders for Primary Care and Non-GI Clinicians*
- *Pediatric Functional Gastrointestinal Disorders – Disorders of Gut-Brain Interaction*
- *Diagnostic Questionnaires and Tables for Investigators and Clinicians*

Rome Online includes full text searching, over 650 graphic images, and will be updated whenever new material is available. The images are also available as a slide set. "We believe Rome Online will be a very popular option for clinicians and investigators as it will always be accessible through a password and can be purchased with a choice of different term options", added Mark Schmitter, Rome Foundation's Marketing Director.

Purchase options for Rome Online include One Month, Six Month, One Year and Lifetime (of the book, approximately 10 years) subscriptions.

Rome publications, including Rome Online and slide sets, can be ordered at www.theromefoundation.org/products.

ROME PSYCHOGASTROENTEROLOGY SECTION

It is with great enthusiasm that we announce the formation of the Rome Foundation's Psychogastroenterology Section. This is the first international organization specifically dedicated to the research and practice of psychosocial gastroenterology. Our mission is to bring together behavioral specialists and gastroenterologists from around the world who can advance our field through clinical and research collaboration. We are currently have up to 92 members.

Aim: To provide, with the support/endorsement of the Rome Foundation, the structure and opportunity for growth among the increasing population of mental health professionals with interest and experience in evidence-based practice of psychogastroenterology.

Rationale: It has been well-established that psychological factors and brain-gut dysregulation play a critical role in the development and maintenance of functional gastrointestinal (GI) disorders. The efficacy of brain-gut therapies including gut-directed hypnotherapy, cognitive-behavior therapy, interpersonal psychotherapy and mindfulness based stress reduction and more recent data supporting exposure-based CBT therapies, acceptance based therapies and internet-based treatments has resulted in an increased need for psychologists to integrate evidence-based brain-gut therapies within GI practice settings.

There is currently no organization or society dedicated to the training, quality improvement or promotion of psychogastroenterology research or practice, limiting the growth and advancement of our field. Many psychologists are actively involved in psychosocial GI research or practice, but are pursuing these efforts relatively independently. Furthermore, there are no resources for institutions wishing to develop a psychosocial GI program or for gastroenterologists interested in referring to behavioral providers with this expertise.

We wish to create an internationally-based psychogastroenterology working group to fill this gap. Having a central organization specifically dedicated to psychosocial GI will advance the field by encouraging clinical and research collaboration and increasing the visibility of behavioral providers in GI. This will promote the use of evidence-based behavioral treatments for patients with GI disorders and ultimately improve patient care.

History and current activity: Drs. Keefer and Kinsinger are academic clinical health psychologists with extensive experience in the development of integrated psychosocial GI practices within academic medical centers. Over the years they have been called upon to provide consultation and supervision to therapists and physicians interested in offering behavioral treatments for GI patients. While working together at Northwestern's Center for Psychosocial Research in GI, Drs. Keefer and Kinsinger founded the Training Institute, a program dedicated to



training providers across a wide range of topics related to psychosocial aspects of GI disorders. There has been growing interest in these workshops and the Institute contributed to the development of several integrated psychosocial GI programs across the country and we would be happy to continue/improve our training program with the support of the Rome Foundation. We have also found that behavioral experts working with GI populations have interest in connecting with others and we have created a listserv for this purpose with 32 members participating. We hope that establishing a special interest group within the ROME foundation will allow us to continue with these efforts as well as pursue new initiatives to promote high quality clinical care and research related to psychosocial GI.

The objectives of this working team will be to:

- Promote the use of evidence-based behavioral treatments for GI disorders internationally
- Encourage development of interdisciplinary psychosocial GI programs in gastroenterology practices through expert consultation and lectureships
- Connect with national and international GI organizations to enhance the visibility of psychosocial GI providers and encourage collaboration
- Expand our field into previously under-studied areas of psychogastroenterology, including inflammatory bowel diseases, pancreatitis and other biopsychosocially complex digestive conditions.

Team Members

Laurie Keefer, PhD, Rome Foundation Fellow, Chair

Sarah Kinsinger, PhD, ABPP, Co-Chair

Douglas A. Drossman, MD

(Liaison to Rome Foundation Board)

Simon Knowles, PhD

Sigrid Elsenbruch, PhD

Brjánn Ljótsson, PhD

Tiffany Taft, PsyD

Sarah Ballou, PhD



AGA'S PARTNERSHIP WITH THE ROME FOUNDATION

by Maura H. Davis



AGA INSTITUTE



AGA is continuing its partnership with the Rome Foundation to promote mutual educational initiatives including the Rome IV edition. Rome IV was launched with a comprehensive education plan designed to reach as many health-care providers as possible. The plan includes special sessions highlighting the new Rome IV edition at AGA's annual meeting and a special supplemental issue of AGA's journal *Gastroenterology*.

The Rome IV edition was created with a systematic methodology that used a broad team of experts to update the criteria. Chapter committees met in December 2014 after having prospectively gathered knowledge in predefined areas of interest. These data were used to activate the Rome IV chapter committees. Topics addressed in the new edition include:

- Esophageal disorders
- Gastroduodenal disorders
- Bowel disorders
- Biliary disorders
- Central disorders of GI pain
- Anorectal disorders
- Pediatric disorders for neonates and toddlers
- Pediatric disorders for children and adolescents

New content in the areas of gut microflora, symptom assessment in Asia, the role of food and diet, and the nature of severity for functional GI disorders is included in Rome IV. Interactive educational techniques are also incorporated into Rome IV. For example, accompanying questionnaires will provide evidence-based data to help keep chapter committees up to date. The combination of print, online, and question-based material is consistent with adult learning theory that is based on the assumption that adult learning is problem-centered rather than subject-centered. Rome IV materials are designed to enable physician learners to apply concepts to their experiences.

Rome IV expands the target audience by including a primary care committee to help primary care providers manage patients with function GI disorders. A cross cultural committee has helped to provide information on how to conduct research on functional GI disorders around the world.

Rome IV is comprised of two volumes with supplemental materials including the updated Rome IV diagnostic algorithms. Rome IV resources are available in hardcopy and ebook formats, with monthly and yearly subscriptions to online material. AGA members get a free one-month subscription of Rome Online with any purchase of a book or online subscription.

AGA published a special supplemental issue of the journal *Gastroenterology* in May 2016 devoted to the launch of Rome IV and reviews of functional gastrointestinal disorders. This issue highlighted the marked expansion of scientific understanding of functional GI disorders since publication of Rome III. Functional GI disorders, defined as disorders of gut-brain interaction, have only in the last several decades been studied scientifically. Studies have advanced physicians' ability to categorize and treat these disorders and has contributed to the growing field of neurogastroenterology.

As we look ahead, AGA and the Rome Foundation will continue to work together to develop exciting education programs to help physicians manage the care of patients with functional GI disorders. Building upon the AGA-Rome Communication skills workshop in 2012, AGA launched a patient education campaign to improve communication skills between patients and their physicians, an effort that is particularly relevant for functional GI disorders. AGA staff and Rome Foundation have also discussed collaborating on regional meetings to expand the reach of Rome IV. We look forward to exciting opportunities between AGA and the Rome Foundation.



WELCOME JOHANNAH RUDDY

ROME FOUNDATION'S NEW EXECUTIVE DIRECTOR

Johannah Ruddy joined the Rome Foundation as Executive Director in July, 2017, bringing with her over 17 years of nonprofit management and development experience for medical and public

health organizations. She has worked as Executive Director for the American Heart Association, the American Academy of Pediatrics (New Mexico Chapter), and prior to coming to the Rome Foundation, as Vice President of Development for Steelbridge, one of New Mexico's oldest and largest nonprofit organizations working with crisis populations. Johannah has served on a dozen nonprofit boards and committees throughout New Mexico and was recognized by Albuquerque Business First as a Woman of Influence in 2015, and as a 40 Under Forty Business Leader in 2016.

As a functional GI disorder patient, Johannah knows firsthand the benefits of research and patient-centered care initiatives for people living with difficult GI conditions. She is excited to be able to contribute to the Rome

Foundation's mission to elevate awareness of functional GI disorders, and to educate researchers and clinicians around the world about our approach to the research, diagnosis, and treatment of them.

Johannah is a native New Mexican, born and raised in Albuquerque. She graduated from the University of New Mexico with a BS in Political Science, and received Masters of Education specializing in Special Education from New Mexico Highlands University. Johannah and her husband Bryan have been married for 17 years and together they have two sons, Tyler and Connor. Johannah and her family relocated to the Raleigh, North Carolina area in June, 2017 and are spending time exploring all that this beautiful state has to offer, including the coast, something quite new to desert dwellers! Between work and family, there isn't much time for hobbies, but Johannah does enjoy watching her kids play sports, family movie nights and lazy Sundays at home.

Johannah welcomes any questions regarding her work with the Rome Foundation and her vision for our future success. You can reach Johannah via email at jruddy@theromefoundation.org.

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www.theromefoundation.org/resources/newsletter/mailling-list/

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

- 1: Gwee KA, Ghoshal UC, Chen M. Irritable bowel syndrome in Asia: pathogenesis, natural history, epidemiology and management. *J Gastroenterol Hepatol*. 2017 Sep 13. doi: 10.1111/jgh.13987. [Epub ahead of print] Review. PubMed PMID: 28901578.
- 2: Iwańczak B, Iwańczak F. [Functional gastrointestinal disorders in children and adolescents. The Rome IV criteria]. *Pol Merkur Lekarski*. 2017 Aug 21;43(254):75-82. Review. Polish. PubMed PMID: 28875974.
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- 4: Borghini R, Donato G, Alvaro D, Picarelli A. New insights in IBS-like disorders: Pandora's box has been opened; a review. *Gastroenterol Hepatol Bed Bench*. 2017 Spring;10(2):79-89. Review. PubMed PMID: 28702130; PubMed Central PMCID: PMC5495893.
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- 10: Tsigaridas A, Papanikolaou IS, Vaiopoulou A, Anagnostopoulos AK, Viazis N, Karamanolis G, Karamanolis DG, Tsangaris GT, Mantzaris GJ, Gazouli M. Proteomics and irritable bowel syndrome. *Expert Rev Proteomics*. 2017 May;14(5):461-468. doi:10.1080/14789450.2017.1317600. Epub 2017 Apr 17. PubMed PMID: 28395553.
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- 12: Ida M, Nishida A, Akiho H, Nakashima Y, Matsueda K, Fukudo S. Randomized, placebo-controlled, phase IV pilot study of ramosetron to evaluate the co-primary end points in male patients with irritable bowel syndrome with diarrhea. *Biopsychosoc Med*. 2017 Mar 16;11:8. doi: 10.1186/s13030-017-0093-9. eCollection 2017. PubMed PMID: 28331539; PubMed Central PMCID: PMC5356323.
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- 17: Mearin F, Ciriza C, Mínguez M, Rey E, Mascort JJ, Peña E, Cañones P, Júdez J; en nombre de la SEPD, la semFYC, la SEMERGEN y la SEMG. [Irritable bowel syndrome with constipation and functional constipation in adults: Treatment (Part 2 of 2)]. *Aten Primaria*. 2017 Mar;49(3):177-194. doi: 10.1016/j.aprim.2017.01.003. Epub 2017 Feb 24. Spanish. PubMed PMID: 28238460.
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UPDATE FROM THE INTERNATIONAL FOUNDATION FOR FUNCTIONAL GASTROINTESTINAL DISORDERS (IFFGD)

FALL 2017



By Tegan Gaetano

Functional gastrointestinal (GI) and motility disorders are the most common conditions of GI function in the general population, affecting an estimated 1 in 4 people or more in the U.S. Yet there continues to be a general lack of awareness in the public about these chronic and often debilitating conditions and many still suffer in silence.

But, through the continued efforts of the International Foundation for Functional Gastrointestinal Disorders (IFFGD), Rome, and others, great strides are being made to raise global awareness of the impact of these conditions on those affected and bolster research into their diagnosis and treatment. We are grateful to all those who have supported our efforts through the years and who have committed themselves to advancing the understanding of these conditions.

IFFGD Update

This summer, IFFGD welcomed our new Executive Director, Ceciel Rooker. Ms. Rooker brings over a decade of experience in the field of functional GI and motility disorders with her to IFFGD. She has worked extensively with patients and their families as well as healthcare professionals to improve functional GI and motility disorders education and patient care. Most recently, Ms. Rooker served as Executive Director of the Rome Foundation and Managing Editor of the Rome IV project.

Awareness

One way that IFFGD raises awareness of functional GI and motility disorders nationally is by sponsoring health awareness events on the U.S. National Health Observances Calendar. We are looking ahead to recognizing GERD Awareness Week (this year November 19-25), which takes place each year during the week before Thanksgiving. Since 1999 we have used this time to increase awareness and understanding of the condition as well as encourage research into new and better treatment options. We encourage you to visit our site at www.aboutGERD.org to learn more.

Research

IFFGD is pleased to announce that we are seeking applications and nominations for our 2018 Research Recognition Awards. Established in 2003, the Awards recognize and support young investigators who have a record of research interest and accomplishment in neurogastroenterology and, especially, in the basic mechanisms or clinical aspects of functional gastrointestinal

and motility disorders. These awards are intended to encourage the participation of clinicians and scientists in multidisciplinary efforts aimed at advancing the understanding and treatment of these disorders in adults and children. Each Award consists of a \$10,000 gift to the recipient's institution to be applied to his or her research investigations.

We hope you will consider applying to or submitting a nomination for our 2018 Research Awards. The deadline for receipt of applications is November 17, 2017. You can find additional details about the Awards as well as application materials at www.iffgd.org/research-awards.

Advocacy

IFFGD continues to advocate in Washington for greater research funding through The Functional Gastrointestinal and Motility Disorders Research Enhancement Act, reintroduced in the 115th Congress as H.R. 1187. This budget-neutral legislation seeks to advance the scientific understanding of functional GI and motility disorders by expanding basic and clinical research opportunities into these conditions through the National Institutes of Health (NIH) as well as create new opportunities for the NIH, through the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), to partner with the Department of Defense (DoD) and the Department of Veterans Affairs (VA) to promote collaborative research.

On September 12th, we sponsored our 8th Annual National Advocacy Day. On this day, advocates from across the U.S. – patients, family members and friends, healthcare professionals, and others – took a stand by reaching out to their House Members of Congress to cosponsor bill H.R. 1187 and support digestive health research. This outreach laid the groundwork for continued action on behalf of all those affected by a functional GI or motility disorders. But, our work is far from over. Please visit www.iffgd.org/advocate-for-digestive-health to learn how you can help make this bill a reality.

Whether by raising awareness, promoting research, or providing patient education and support, IFFGD is dedicated to improving the lives of people around the world affected by a functional GI or motility disorder. We are grateful for your continued support of our mission and your work on behalf of all those whose lives are impacted by these conditions. Thank you.

THE STANDARD FOR FUNCTIONAL GI NEW ITEMS FOR 2017!

Introducing Rome IV Digital Products

New for 2017, we are pleased to announce the release of Rome IV digital educational materials for Functional GI, featuring:

- **Online books**, in Kindle and full-text formats
- **Interactive Clinical Decision Toolkit**, which provides step-by-step guidance through diagnosis and treatment options
- **Rome IV Slide Set** with over 700 slides, also available individually
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- **Rome IV MDCP Slide Set** with over 200 slides for MDCP cases



Order Rome IV books and subscriptions:

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Improving the lives of people
with functional GI disorders

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Rome Foundation – AGA Institute Lectureship at Digestive Disease Week 2018

Gut Microbiota and Functional GI Disorders (Disorders of Gut-Brain Interactions)



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University of Bologna
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Premysl Bercik, MD
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*Gut Microbiome-Brain
Interactions: Relevance
for FGIDS*



Eamonn M. Quigley, MD
Houston Methodist
USA

*Microbiota Modulation in
FGIDs: Probiotics,
Antibiotics and FMT*



Washington, D.C.
Monday, June 4
2:00 – 3:30 p.m.
Room 146AB (capacity 755)



25th UEG Week
October 28 - November 1, 2017
Barcelona, Spain

**Learn about new
work in your field:
UEG Week features
the latest updates in
gastroenterology**



Due to the great success of the “From guidelines to clinical practice” symposia, UEG has created a dedicated pathway on Monday and Tuesday in addition to our popular “Advances in clinical gastroenterology & hepatology” featuring scientific breakthroughs on Functional GI disorders and GORD in 2017. Another highlight is the UEG Week Hotspot, a platform for the most controversial sessions and hottest debates. With the Postgraduate Teaching Programme, offered as a 3-year curriculum, you gain all major updates in GI & hepatology.

Discover the online programme www.ueg.eu/week/programme/scientific-programme

Find out more, visit www.ueg.eu/week

See you in Barcelona and celebrate with us on our 25th anniversary!

THE ROME FOUNDATION



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- ROME IV VOLUMES I AND II
- ROME IV MULTIDIMENSIONAL CLINICAL PROFILE FOR FUNCTIONAL GASTROINTESTINAL DISORDERS (MDCP SECOND EDITION)
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- ROME IV DIAGNOSTIC ALGORITHMS FOR COMMON GI SYMPTOMS (SECOND EDITION)
- ROME IV PEDIATRIC FUNCTIONAL GASTROINTESTINAL DISORDERS – DISORDERS OF GUT-BRAIN INTERACTION (FIRST EDITION)
- ROME IV FUNCTIONAL GASTROINTESTINAL DISORDERS FOR PRIMARY CARE AND NON-GI CLINICIANS (FIRST EDITION)
- SLIDES SETS: ROME IV, MDCP AND DIAGNOSTIC ALGORITHMS



INFORMATION ON THE ASSOCIATES OF ROME AND FREE ENROLLMENT

LOOK FOR OUR BOOTH AT THESE UPCOMING CONFERENCES

NVGE
DUTCH GI SOCIETY MEETING
 Veldhoven, Netherlands
Oct. 5 - 6, 2017

UEG WEEK
 Barcelona, Spain
Oct. 28 - Nov. 1, 2017
www.ueg.eu/week

FGID IN NEW ROME ERA
 Lucknow, India
Nov. 11 - 12, 2017

ACADI
CONGRESS OF COLOMBIAN ASSOCIATIONS OF THE DIGESTIVE SYSTEM
 Bogota, Colombia
Nov. 17 - 18, 2017

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 global recognition and legitimization of FGIDs
- Advance the scientific understanding of their pathophysiology
- Optimize clinical management for these patients
- Develop and provide educational resources to accomplish these goals



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