
CHOOSING A BIOLOGIC THERAPY FOR IBD

Biologic therapy may be an option for people with inflammatory bowel disease (IBD) who haven't responded well enough to other drugs or who cannot tolerate those drugs. If that describes your situation, you and your doctor may consider biologic therapy.

There are several biologic therapies available in Canada for Crohn's disease and ulcerative colitis. So how do you make a choice?

In addition to its efficacy and its safety profile, **one important aspect** to consider when choosing a treatment is how it will affect your lifestyle. Because you'll likely be on this treatment for a long time, it's important to start off with something that fits your lifestyle today and will continue to be convenient for you over time. The smaller the impact a treatment has on your routine, the higher the chances are that you keep taking it. You may find that one mode of administration is more convenient than another (unlike standard medications, biologic therapies are administered using a needle, either by slow infusion into a vein or by injection below the skin).

Consider the treatment scenarios described here and talk to your doctor about which one seems best suited to you. Each biologic has a support program with a variety of different services.

Questions?
Your health care team is eager to help.

SELECTED FACTORS TO CONSIDER WHEN MAKING YOUR TREATMENT CHOICE



ACCESS – Do you have easy access to a medical centre? How much flexibility is there in your schedule? Do you need to have a family member or friend accompany you to appointments? Some biologic therapies are injected at home, either by you, someone you know, or a visiting nurse. Other biologic therapies are infused slowly over time in a medical centre by a health care professional.

I have a flexible school/work schedule and it's easy to get to a medical centre.

YES NO



TRAVEL – How often are you away from home, either on the road for work, in a long-distance relationship, or enjoying vacation time? Biologic therapies vary in their portability and the frequency with which you need to take them.

I spend quite a lot of time away from home.

YES NO



OTHER MEDICAL CONDITIONS – Do you have other medical conditions in addition to IBD (i.e., comorbidities)? If so, that could affect your choice of biologic therapy.

I have other medical conditions in addition to my IBD.

YES NO

Currently, how would you rate your quality of life (physically, emotionally, and socially)? 0 = Terrible 10 = Fantastic

0 1 2 3 4 5 6 7 8 9 10



REMEMBERING – Do you have a hard time remembering to take your medication? Do you find that your medication is interfering with your day-to-day life? A number of factors can make it easier, including how often you take the medication, where it's taken, who administers it, and what kind of support program you are part of.

I have a hard time remembering to take my medication.

YES NO



INVOLVEMENT – Do you like to be actively involved in the management of your IBD? Different biologic therapies have different opportunities for involvement in your care.

I want to be actively involved in my IBD management.

YES NO

WHAT OTHER FACTORS ARE IMPORTANT TO YOU?

Because inflammatory bowel disease is a chronic condition, it's important to have a treatment plan that will be convenient for you in the long run. Are there additional factors, other than the ones mentioned in this document, that would affect your treatment choice? Make a note of them here and be sure to discuss them with your doctor at your next appointment.
