

Disease Pattern In India

Slogan for Elderly - 'Bathroom is Your Graveyard'

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All elderly people after the age of 60 start developing osteo-porosis more or less. Also balancing of the body becomes poor. In China they teach exercises to improve the balance. The final stop is the slippery ground in the bathroom with poor lighting that leads to a fall of the person in the bathroom. A dry bathroom is the must for all elderly people. Also the lighting in the bathroom should be very good. Finally,

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bars should be put on the walls of the bathroom.

It is worth remembering that most common fracture is the neck femur. In the modern days even in an average hospital and with an average good surgeon the hip operation is always successful. But 30% patients die in the next 3 weeks due to post operative complications.

Therefore, the public education is very important. The best thing is use the slogan that bathroom is your graveyard.

Filgotinib for Crohn's disease - expanding treatment options

There have been few effective options available to treat Crohn's disease other than corticosteroids, aminosalicylates, thiopurines, and methotrexate. However, the past two decades have witnessed the approval of six different agents in the USA and Europe - three tumour necrosis factor antagonists, two anti-integrins, and an anti-interleukin 12/23 antibody.

In *The Lancet*, Severine Vermeire and colleagues report the results of a phase 2 multicentre randomised controlled trial examining the efficacy of filgotinib, a selective janus kinase (JAK1) inhibitor, in Crohn's disease.

In the present trial, 174 patients with moderate-to-severe Crohn's disease confirmed by centrally read endoscopy were randomised across 52 centres in Europe to placebo or filgotinib 200 mg daily for 10 weeks.

Endoscopic response and remission rates overall were, not surprisingly, modest in the 10 week trial; few achieved full mucosal healing or deep remission across all groups.

If phase 3 clinical trials were to confirm the efficacy of filgotinib in Crohn's disease, what will be the potential position of this therapeutic class in our armamentarium?

Ashwin N Ananthakrishnan, *The Lancet*, Jan. 2017, Vol 389