

Alfred's Psoriasis

We know GI thrive works for digestive health.
What about other chronic conditions?

There's strong scientific evidence that the same culprits responsible for inflammation of the GI tract in inflammatory bowel disease (IBD) can also be responsible for skin disorders, such as eczema and psoriasis. In fact, the outrageously expensive biologic drugs Remicade and Stelara—if you watch TV, you've undoubtedly seen the ads—are now approved by the FDA to treat both Crohn's disease (an IBD) and plaque psoriasis (a skin disorder). **Hmmm...**

See where we're going with this?

If the same medications can treat both IBD and psoriasis, what impacts can other therapies have on both the gut and the skin?

Quick note: At Vivante Health, we don't shun the use of medications. In fact, we have a whole Smarter Meds program that helps members optimize their drugs to get the most bang for their buck. BUT, we also know that meds aren't always the answer. Sometimes, the same or better results can be achieved through other, less expensive methods.



Challenge

Develop a care plan for chronic ulcerative colitis (UC), with special consideration for members' emotional needs and severe psoriasis.



Solution

Personalized plan with emphasis on psychosocial support, science-based therapeutic nutrition, and unbiased "med-ucation."



Result

UC remission, dramatic decrease in missed work days, huge reduction in Remicade dosage, and completely clear skin—no appearance of psoriasis.

Let's take a look at a member we'll call **Alfred**, age 35...

Background

Medical Summary

- Diagnosed with ulcerative colitis 6 years ago
- Taking double dose of Remicade for 4 years, every 6 weeks
- Chronic symptoms: pain, bloating, uncontrollable and unpredictable diarrhea, severe psoriasis

Social / Emotional Concerns

- Living in constant state of anxiety and fear
- Confused about diet, food triggers, and what to safely eat
- Stressed and confused about treatment options
- Fear of going to work or social functions due to disease
- Self-conscious about skin appearance