

# Preface

*The number three* has played an important role in our culture. The Bible speaks of three wise men, children sing of three blind mice, and the three musketeers have come to the rescue of many a damsel in distress. In the magical land of Oz, Dorothy met three characters while she traversed the yellow brick road, fearful of three wild creatures (lions, tigers, etc.), and she clicked her heels three magic times to get back to her beloved Kansas. Yes, Kansas.

Three goals in hockey are a “hat trick”; three strikes in baseball make an out, and a triple play has been the dream of baseball infielders for generations. Three teaspoons make a tablespoon, the three-second rule is memorized by student drivers, and, apparently, the third time’s the charm.

With that illuminous backdrop, I am happy to provide to my readers the third edition of *Inflammatory Bowel Disease: Diagnosis and Therapeutics*. This third time truly is the charm, as this new edition will introduce to the readers many exciting new concepts in our ever-changing understanding of these challenging diseases, as well as new breakthroughs in their treatment.

In the first chapter, “The New Face of IBD,” Ashwin Ananthakrishnan takes us to parts of the world where IBD was not traditionally seen and documents the staggered emergence of ulcerative colitis followed one to two decades later by Crohn’s disease. He also gives us insight into the potential pathogenesis of IBD with studies of populations that have migrated from low- to high-risk countries, which also may impact the application of various treatment regimens for these diseases. These principles are then picked up in the next chapter by Stephanie Coward and Gilaad Kaplan, “IBD in the New World, Old World, Your World,” in which they examine the potential impact of smoking, medications, diet, industrialization, and other hypotheses in an attempt to crack the mystery driving these diseases. And then Mark Silverberg and Sarah O’Donnell tackle the ever-expanding topic, “Do Genes Matter,” as they look not only at what we currently know about IBD genetics but what we may be using genetics for in the not-too-distant future.

This third edition of *Inflammatory Bowel Disease: Diagnosis and Therapeutics* contains many more chapters to allow the readers to customize their learning experience. Clinicians are offered the latest in diagnostic studies, a full range of therapeutics, “alternative therapies,” and a sneak peek into the biosimilar revolution that is upon us. Those in the surgical fields will find chapters such as “Playing Houdini,” “New Tricks for the IBD Surgeon,” and “Do Not Fear to Ostomy” to be essential reading.

Unlike most chronic diseases, IBD impacts many patients within the first few decades of life. The unique issues to these age groups are thoroughly updated in the chapters “Size Matters: The Pediatric IBD Patient” and “By the Way, I’m Pregnant,” providing invaluable information for patients and families alike. Insight into nutrition and diet helps guide patients (and their caregivers) in answering what is arguably the most common question that I hear, “Yes, but what can I eat?”

Specialists of many arts may find the chapters looking at diagnostics, modern colonoscopic surveillance techniques, advances in radiographic imaging, and deciphering histological findings in disease and dysplasia of particular interest. And for those of us practicing (or paying for) medicine in the twenty-first century, the very timely chapters regarding the role of APNs and PAs in an IBD practice, the application of quality outcomes into practice, and the modern economics of IBD amid the biologic revolution are truly “must-read” topics.

So please enjoy this newest and most expanded coverage of the topics that matter in inflammatory bowel diseases. I guarantee that the collection of authors in this edition will provide an exceptional background for a wide variety of readers. I hope you enjoy!

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