

Journey to improve pediatric Crohn's disease treatment

1. Current evidence indicates a higher effectiveness of top-down infliximab treatment than of conventional step-up treatment in patients with Crohn's disease. (This thesis)
2. Infliximab is probably more effective than prednisolone and exclusive enteral nutrition in inducing endoscopic remission in patients with Crohn's disease, but evidence is limited. (This thesis)
3. The combination of endoscopic and symptomatic remission should be used as two separate primary treatment goals for children and adolescents with Crohn's disease. (This thesis)
4. Physicians can use the MINI-index to frequently and reliably measure endoscopic remission in children and adolescents with Crohn's disease. (This thesis)
5. Stakeholders can better facilitate clinical research by registering treatment outcome data more uniformly and completely as part of routine clinical care, by combining this data in a national research infrastructure and by otherwise reducing the administrative burden of (multicenter) research. (This thesis)
6. Despite contradictory reports, there are probably no clinically relevant differences between the efficacy and safety of infliximab and adalimumab for treatment for Crohn's disease.
7. As generation of high-quality evidence is so expensive, evidence generation is more dependent on financial gain than on value from a patient perspective.
8. A reliable way to make people believe in falsehoods is frequent repetition, because familiarity is not easily distinguished from truth. (Daniel Kahneman)
9. At the most basic level, competition in health care must take place where value is actually created. (Michael Porter)
10. Strength lies in differences, not in similarities. (Stephen Covey)
11. Life is a journey, not a destination. (Ralph Waldo Emerson)