

Quick Facts about IBD

1 IBD = Inflammatory Bowel Disease

- › Two major types
- › Crohn's disease (CD)
 - Inflammation anywhere in the gastrointestinal tract
- › Ulcerative colitis (UC)
 - Inflammation limited to colon and/or rectum
- › crohnscolitisfoundation.org/ibdjourney

2 Statistics

- › An estimated 1 in 100 Americans affected
- › 70,000 new IBD cases per year
- › Often diagnosed between ages 15–35

3 Disease Info

- › Common symptoms are diarrhea, weight loss, feeling tired, and abdominal cramps and pain
- › IBD can have an effect on areas outside of your digestive tract, such as eyes, skin, bones, and kidneys.
- › IBD can also have an impact on mental and emotional well-being. crohnscolitisfoundation.org/mental-health

4 Diet and Nutrition

- › Keep a food journal
- › Stay hydrated
- › Get enough calcium
- › Consult with a dietician and your healthcare team to make sure you are getting all the nutrients your body needs.
- › crohnscolitisfoundation.org/diet-and-nutrition
- › gutfriendlyrecipes.org

6 Use Our Tools and Resources

- › Download free brochures online. crohnscolitisfoundation.org/brochures

5 Treatment Options

- › Prescription medication (Rx)
- › Over-the-counter (OTC) medication
- › Surgery
- › Nutritional support therapy
- › Remember to take medication even when you don't feel like it or you feel okay.
- › crohnscolitisfoundation.org/effective-partnering

For More Information:

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