

CROHN'S DISEASE – KNOWLEDGE IS POWER

201 of Every 100,000 U.S. Adults Suffer From Crohn's Disease

Crohn's Disease is More Common Among People of Caucasian and Jewish Ancestry Than Other Ethnicities

Chronic illness – the diagnosis of any such condition can be an unsettling experience, including discovering that you suffer from Crohn's Disease. Knowledge is power. This guide has been prepared to help patients understand more about this disease and how to feel their best while living with Crohn's.

01 | Definition

Crohn's Disease is an inflammatory bowel disease (IBD). It causes inflammation in the lining of the digestive tract, which may involve different areas of the digest tract in different people.

02 | Cause and Symptoms

Like many diseases, the cause of Crohn's Disease is unknown; however, genetics, environmental factors and the body's own immunity all play a role. The most common symptoms include:

- Frequent diarrhea
- Abdominal pain and cramping
- Rectal bleeding
- Weight loss
- Fatigue
- Reduced appetite
- Fever

03 | Treatment

Fortunately, there are many treatment options available to help control and manage Crohn's Disease. Depending on the severity of the disease, treatment can range from over-the-counter (OTC) pain relief and supplements to prescription antibiotics, corticosteroids and biologic therapies. In some cases, surgery may be indicated to clear intestinal blockage, repair damage to the intestinal track or to treat symptoms that have not been controlled well with medication.

04 | Doing Your Part

There is much that patients, can do to lessen symptoms and improve their well-being. Follow the treatment plan your medical provider has tailored to your needs. Doing so will help to minimize symptoms, or in some cases, even achieve remission. The following tips can help you manage Crohn's and live your life to the fullest:

- Keep a food diary
- Take all medications as directed
- Stay hydrated
- Eat small, frequent meals
- Find balance with yoga or breathing exercises

To learn more about the successful management of Crohn's Disease, please visit:

<http://www.cdfa.org/living-with-crohns-colitis/>

Did You Know?

1.4 million Americans suffer from Crohn's Disease

References

<http://www.healthline.com/health/crohns-disease/facts-statistics-infographic#1>

<https://www.crohnsandcolitis.com/>

<http://www.mayoclinic.org/diseases-conditions/crohns-disease/basics/definition/con-20032061>