

WHAT IS CROHN'S DISEASE?

As many as 66% to 75% of people with Crohn's disease will require surgery at some point during their lives.

Crohn's disease is a lifelong form of inflammatory bowel disease (IBD). This disease causes inflammation in different parts of the digestive tract, most commonly affecting parts of the small and large intestines, leaving normal areas between patches of inflamed intestines.

01 | Types

The type of Crohn's a person has can impact the symptoms and complications they may experience.

- Ileocolitis – the most common form, inflammation occurs in the large intestine and end of the small intestine
- Ileitis – inflammation occurs only in the small intestine
- Gastroduodenal – inflammation occurs in the stomach and top of the small intestine
- Granulomatous Colitis – inflammation occurs only in the large intestine
- Jejunoileitis – patchy areas of inflammation in the upper small intestine

02 | Symptoms

Symptoms of Crohn's disease can range from mild to severe and will usually develop gradually. Patients will experience flare-ups with periods of remission that can last weeks or even years. Some symptoms of Crohn's may include:

- Abdominal pain and cramping
- Diarrhea
- Fever and fatigue
- Mouth sores
- Reduced appetite and weight loss
- Inflammation of skin, eyes and joints

03 | Treatment

There is currently no cure for Crohn's disease, and no single treatment works for everyone. Treatment options vary depending on the cause and severity of the symptoms. The main goals of treatment are to reduce inflammation that triggers symptoms and limit long-term complications. Some treatment options include:

- Antibiotic and biologic medications
- Change in diet and nutrition
- Surgery

For more information on Crohn's Disease and supportive resources, please visit www.crohnscolitisfoundation.org

Did You Know?

Crohn's Disease is most often diagnosed in adolescents and adults between the ages of 20 and 30.

References

<https://www.webmd.com/ibd-crohns-disease/crohns-disease/digestive-diseases-crohns-disease>

<https://www.mayoclinic.org/diseases-conditions/crohns-disease/diagnosis-treatment/drc-20353309>

<https://my.clevelandclinic.org/health/diseases/9357-crohns-disease#symptoms-and-causes>