

Fast Facts

Crohn's Disease

- Digestive tract is inflamed, usually near ileum (last portion of small intestines) and colon
- Inflammation can penetrate far into the layers of affected bowel tissue
- Exact cause is unknown
- Thought to be related to immune system and/or genetics
- Certain factors can increase chances of acquiring it, such as being under 30, being white (especially of Eastern European Jewish decent), living in urban areas and cigarette smoking
- Stress, diet and medications, like ibuprofen or naproxen, aren't causes, but definitely can make symptoms worse

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> -Diarrhea -Abdominal pain/cramping -Blood in stools -Mouth sores -Reduced appetite -Weight loss -Fever -Fatigue -Inflammation of skin, eyes, joint, liver or bile ducts -Children can also have a delay in growth and/or sexual development 	<p><i>Goal:</i> Reduce the inflammation in order to decrease symptoms and risk of long-term complications</p> <p><i>Anti-Inflammatories:</i></p> <ul style="list-style-type: none"> -Corticosteroids (prednisone and budesonide) <p><i>Immunosuppressants:</i></p> <ul style="list-style-type: none"> -Azathioprine and mercaptopurine <p><i>Antibiotics</i></p> <p><i>Over-the-Counter Medications:</i></p> <ul style="list-style-type: none"> -Fiber or loperamide for diarrhea -Acetaminophen for pain -Vitamin B12 or iron supplements -Calcium with Vitamin D -Multivitamin or mineral supplements <p><i>Surgery:</i></p> <ul style="list-style-type: none"> -Remove affected portion of bowel -Repair fistulas -Drain abscesses 	<p><i>Goal:</i> Minimize the severity of symptoms and help increase time between flare-ups</p> <p><i>Control Diet:</i></p> <ul style="list-style-type: none"> -Keep a food diary -Limit dairy products -Limit high fat foods -Decrease fiber (if it makes symptoms worse) -Avoid spicy foods, alcohol and caffeine -Drink plenty of water -Eat five or six small meals each day -Talk to a dietitian <p><i>Other Things:</i></p> <ul style="list-style-type: none"> -Do not smoke -Reduce stress by exercising, practicing relaxation techniques, learning about Crohn's, joining a support group and talking to a therapist

©2019 Demystifying Your Health. All rights reserved.

Demystifying Your Health does not provide medical advice, diagnosis or treatment.