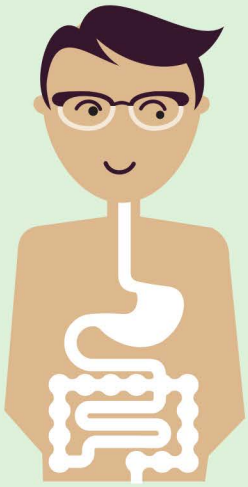
CROHN'S DISEASE 101
A BASIC GUIDE



Crohn's disease is a chronic inflammatory bowel disease (IBD) characterized by inflammation of the gastrointestinal (GI) tract.

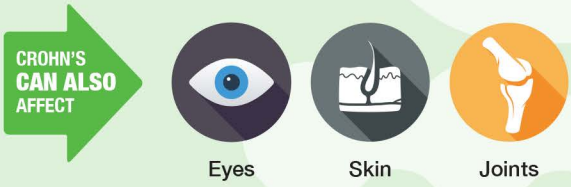
- It can affect any part of the GI tract, from the mouth to the anus
- It is not caused by food
- There is no cure
- It is not contagious

SYMPTOMS INCLUDE:

Frequent recurring diarrhea, rectal bleeding, unexplained weight loss, fever, abdominal pain and cramping, fatigue and a feeling of low energy, reduced appetite.

Other facts about symptoms:

- Inflammation plays a role in your symptoms
- Symptoms range from mild to severe



CROHN'S IS UNPREDICTABLE



- Varies between periods when disease is active, or flaring, and when it is in remission (few or no symptoms)
- Varies from person to person and may change over time
- When Crohn's is flaring, symptoms may make it difficult to keep to a usual routine

WHO GETS CROHN'S DISEASE?

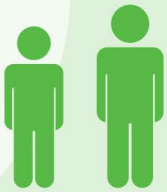


UP TO **20%** of people with Crohn's have a blood relative who has IBD





AFFECTS MEN AND WOMEN **EQUALLY**



Usually diagnosed between ages **15-35 YEARS OLD**

WHAT CAUSES CROHN'S?

- The exact cause is unknown
- It is not caused by something a person has done or eaten
- It is believed to be a combination of:

GENETICS

THE IMMUNE SYSTEM

THE ENVIRONMENT

CROHN'S IS BELIEVED TO BE AN OVERREACTION OF THE IMMUNE SYSTEM.

CROHN'S TREATMENT



- Because Crohn's is chronic, ongoing treatment is required
- There are many different kinds of medications available
- People with Crohn's should work with their doctor to create a treatment plan and set treatment goals

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