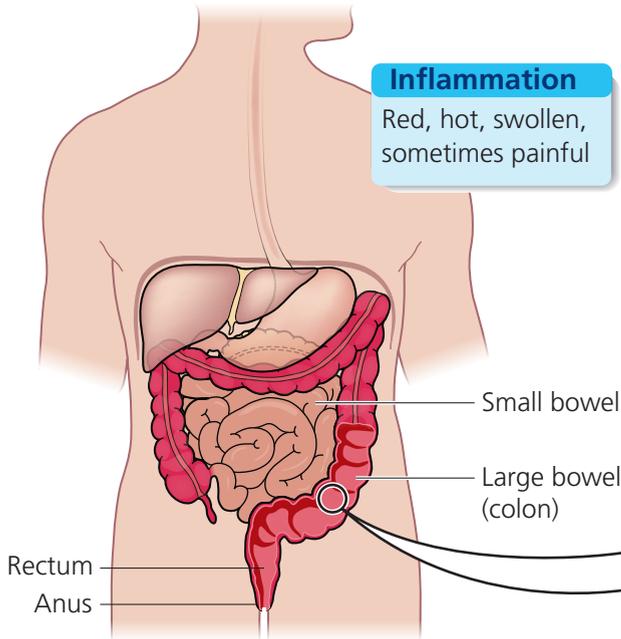


What is IBD?

Inflammatory bowel disease (IBD) is two different disorders with overlapping features: ulcerative colitis and Crohn's disease. These are long-lasting (chronic) conditions caused by inflammation, usually in the bowel. These conditions come and go. A flare-up is called a relapse and an inactive time is called a remission.

What is ulcerative colitis?

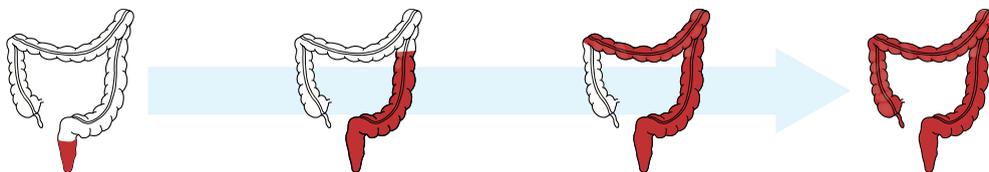
Bloody diarrhea is the most common symptom of ulcerative colitis. You may also notice slime (mucus) in your stools and have cramping pain when you have a bowel movement. Symptoms range from a few bloodstained bowel movements to a lot of diarrhea with dehydration and anemia from loss of blood. Ulcers only occur in a few patients and only when the condition is severe.



The inflammation is confined to the inner lining (mucosa) of the large bowel (colon and rectum)

Ulcerative colitis affects the **large bowel only** (colon and/or rectum), never the small bowel

The inflammation may affect all of the large bowel, or just part of it

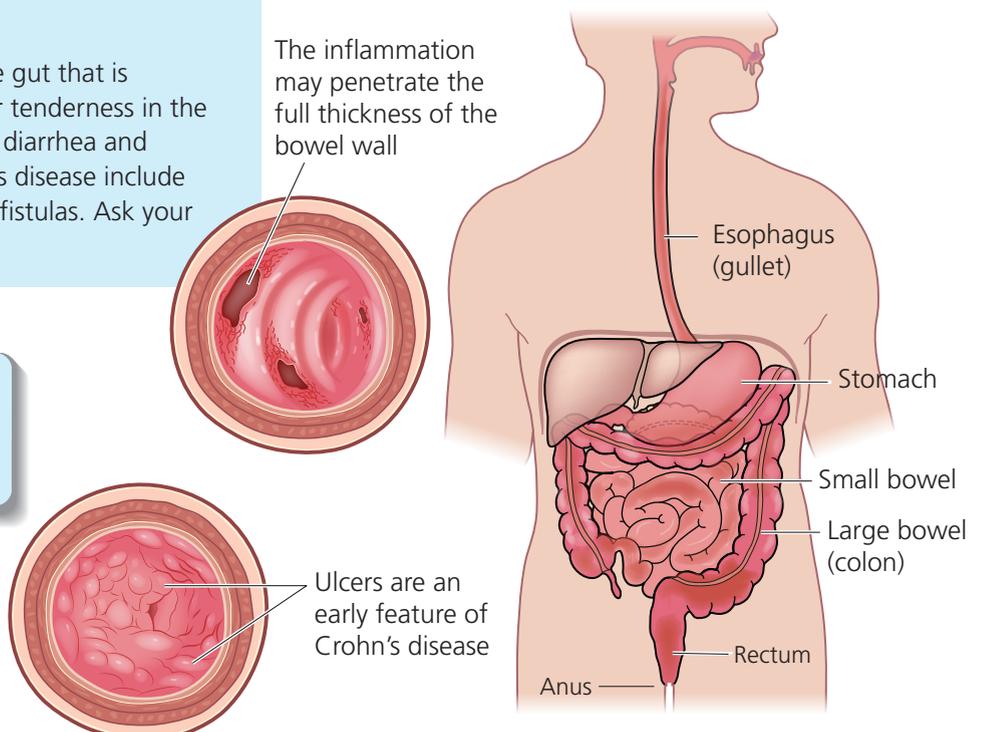


What is Crohn's disease?

Symptoms depend on the part of the gut that is affected. You may notice pain and/or tenderness in the lower right abdomen, and may have diarrhea and weight loss. Complications in Crohn's disease include strictures, adhesions, abscesses, and fistulas. Ask your doctor about these.

Crohn's disease can affect any part of the gut from mouth to anus. It occurs in patches throughout the digestive system

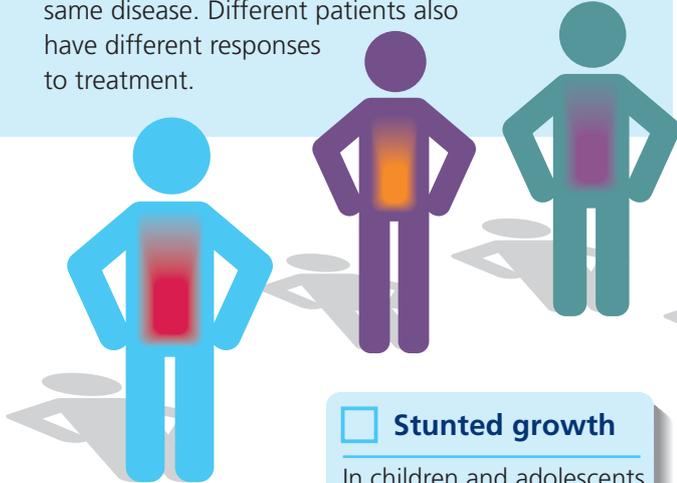
The inflammation may penetrate the full thickness of the bowel wall



Ulcers are an early feature of Crohn's disease

No two patients are identical

Your experience of ulcerative colitis and Crohn's disease will differ from any other patient with the same disease. Different patients also have different responses to treatment.



Your experience of IBD will depend on your ...

emotions (e.g. fear, depression, anger)



ways of coping

stress levels

loneliness

support of friends and loved ones

attitude

Stunted growth

In children and adolescents

Hair loss

(telegen effluvium)

Often attributed to drugs, but more commonly due to the physical stress of IBD; it is temporary

Anemia

Due to low levels of iron, vitamin B₁₂ or folate

Thrombosis

(blood clots)

Gallstones

More common in Crohn's disease

Kidney stones

More common in Crohn's disease

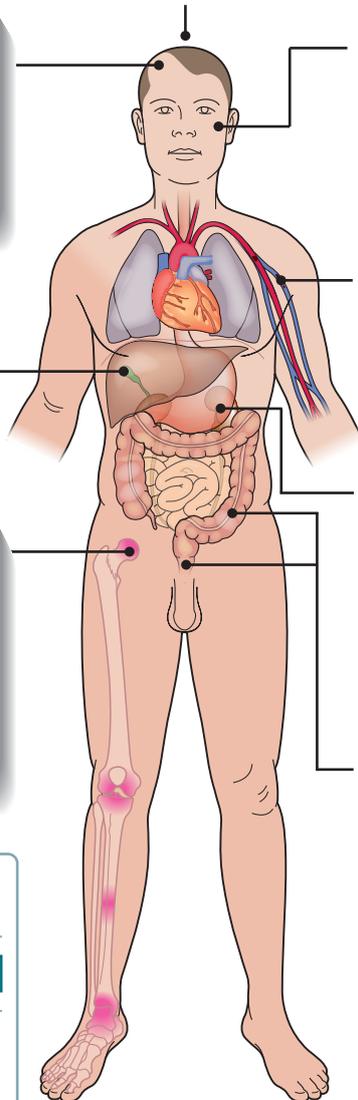
Osteoporosis

Thinning of the bones, which increases the risk of bone fractures.

More common in Crohn's disease. Aggravated by steroids

Cancer of the colon or rectum

The most serious (though uncommon) complication of IBD



Ask your doctor

What tests will I need to have?

.....

.....

The key to preventing **long-term complications** is to work with your doctor to achieve good control over the inflammation and to look after your general health.

What can you do?

eat well

exercise

don't smoke

know your drugs

use sun protection

take control

get informed, get support

regular check-ups



Ask your doctor

Will I need surgery?

If so, what will it involve?

.....

.....



Ask your doctor

How will my condition be monitored?

.....

