

LIVING WELL WITH CROHN'S DISEASE

As with other chronic illnesses, a diagnosis of Crohn's Disease can be an unsettling experience for those suffering with the disease. Share this guide with your patients as an educational reference to help them understand more about this condition as well as how to feel their best while living with Crohn's Disease.

01 | What is Crohn's Disease?

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

02 | Causes and Symptoms

Like many diseases, the exact cause of Crohn's Disease is unknown; however, it has been determined that genetics, environmental factors and the immune system are involved. Symptoms may vary, but commonly include:

- Frequent Diarrhea
- Abdominal Pain and/or Cramping
- Rectal Bleeding
- Weight Loss
- Fatigue
- Reduced Appetite
- Fever

03 | Treatment Options

Fortunately, there are a number of treatments available to help you manage and control your symptoms. Depending on the severity of the disease, treatment can range from over-the-counter (OTC) supplements and pain relievers to prescription medications including antibiotics, corticosteroids and biologic therapies. In more severe cases, surgical procedures may be needed to clear intestinal blockage, repair intestinal damage or treat symptoms that have not been controlled well with medication.

04 | Living Well with Crohn's Disease

Although there is no cure for Crohn's Disease, there are steps you can take to cope with your condition. By following your treatment plan carefully, you may be able to minimize your symptoms, or in some cases, even achieve remission. The following tips can help you manage your Crohn's Disease and live your life to the fullest:

- Keep a Food Diary
- Take 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, visit: <http://www.cdfa.org/living-with-crohns-colitis/>

Did You Know?

People living in higher altitudes are more likely to develop Crohn's Disease

References

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

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