

COPING WITH CROHN'S DISEASE

People Living in Higher Altitudes Are More Likely to Develop Crohn's Disease

Crohn's Disease Is More Prevalent Among Adolescents and Young Adults Between the Ages of 15 and 35

Like other chronic diseases, a diagnosis of Crohn's Disease can be an unsettling experience. The following information has been prepared as an educational reference to help you understand more about this condition as well as how patients can feel their best while living with Crohn's Disease.

01 | Definition

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

02 | Causes and Symptoms

The exact cause of Crohn's Disease is unknown; however, genetics, environmental factors and the immune system are involved. Symptoms include:

- Frequent diarrhea
- Abdominal pain
- Rectal bleeding
- Reduced appetite and weight loss
- Fatigue
- Fever

03 | Treatment Options

There are a number of treatments available for the management of Crohn's symptoms, including OTC supplements and pain relievers, antibiotics, corticosteroids and biologic therapies. Severe cases may indicate surgery to clear intestinal blockage, repair damage or treatment symptoms that have not been managed well with other therapies.

04 | Lifestyle Changes

Although there is currently no cure for Crohn's Disease, you can do much to cope with your condition. By following your prescribed treatment plan and making lifestyle changes, you may minimize symptoms and in some cases, achieve remission:

- Keep a food diary
- Take medications as directed
- Stay hydrated
- Eat small, frequent meals
- Find balance with yoga and breathing exercises

For more information on incorporating lifestyle changes and managing Crohn's Disease, please visit:

<http://www.ccfa.org/living-with-crohns-colitis/>

***Did You Know?**
Crohn's Disease affects up to
700,000 Americans*

References

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

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