

## IBD: Crohn’s Disease

### What is Crohn's disease?

Crohn’s disease is an inflammatory bowel disease that can affect any part of the GI tract from the mouth to the anus. This is a chronic disease that can leave some areas of the GI tract in a normal state while other areas will be diseased or inflamed.

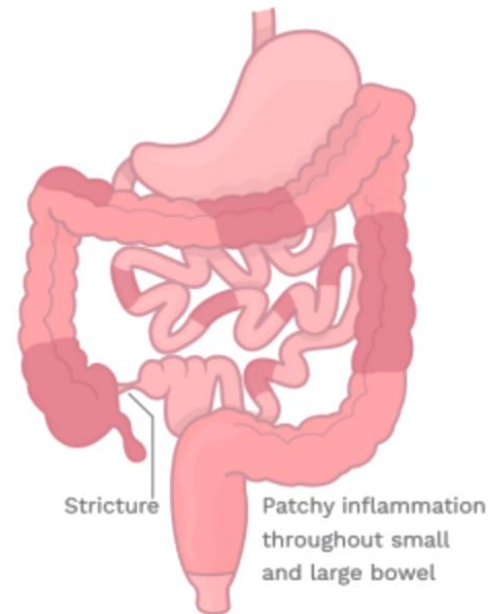
### Causes

Hereditary, genetic, and environmental factors are thought to contribute to the development of Crohn’s disease. Other factors such as diet and stress are thought to aggravate Crohn’s disease, but do not necessarily cause the onset of the disease. Men and women are considered to be equally affected by this disease.

### How is it diagnosed?

Several tests may be required to diagnose this disease as not one test can diagnose Crohn’s disease. Below are some of the tests that may be performed by your doctor to determine if you have this disease.

- Colonoscopy or Upper Endoscopy
- Chromoendoscopy
- Biopsy
- Small intestine imaging



### **Crohn’s Disease**

**Age of onset:** 15–35 years and 55–70 years

**Symptoms:** Depends on location of disease. May include abdominal pain, diarrhea, weight loss and fatigue.

**Bloody stool:** Variable

**Malnutrition:** Common

## Treatments

There are currently three different options for treatment including: medications, diet and nutrition, and surgery.

- Medications such as aminosalicylates, corticosteroids, immunomodulators, antibiotics, and biologic therapies may be prescribed to a patient.
- Diet and nutrition are important components of treatment as monitoring diet to reduce symptoms and obtaining needed nutrients will be necessary.
- Surgery may be considered as a treatment option for a small portion of those suffering from Crohn’s disease. Surgery may be considered if medications are not able to control symptoms or if a GI obstruction, fissure, or fistula occurs.

## What should I eat to get started?

1. Low fiber fruits
  - Bananas, cantaloupe, honeydew
2. Lean protein
  - Fish, lean pork, white meat poultry, soy
3. Refined grains
  - Sourdough, white pasta, white rice
4. Cooked, seedless, skinless, cruciferous vegetables
  - Cucumbers, potatoes, squash
5. Protein shakes



For more information head to [www.crohnscolitisfoundation.org](http://www.crohnscolitisfoundation.org)