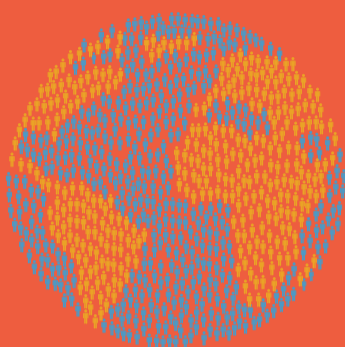


# IBD: THE FACTS

**ULCERATIVE COLITIS (UC) & CROHN'S DISEASE (CD) ARE THE TWO MOST COMMON TYPES OF CHRONIC INFLAMMATORY BOWEL DISEASE (IBD)<sup>1</sup>**

IBD affects more than **5 million** people worldwide<sup>2</sup>



Health burden of IBD costs more than **€30 billion**

3, 4, 5, 6, 7



## CAUSE OF IBD IS UNKNOWN,

but thought to be a combination of genetic predisposition, environmental triggers, and an impaired immune system.

IBD affects people of any age and diagnosis is most common in early adulthood and before.

## Symptoms

**Persistent Diarrhea**  
**Abdominal Pain**  
**Fever**  
**Weight Loss**  
**Delayed growth in children<sup>9</sup>**

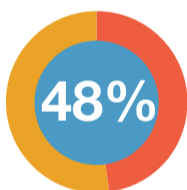


## Treatment Medications

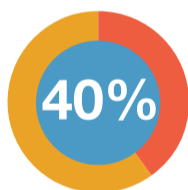
**Surgery**  
**Nutritional supplementation**  
**Or a combination of these options<sup>10,11</sup>**

## IBD HAS A SIGNIFICANT IMPACT ON QUALITY OF LIFE:

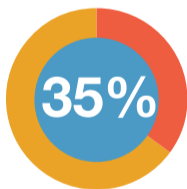
A large European study of people living with IBD found:



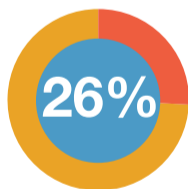
report that their lives are significantly or somewhat impacted by IBD symptoms even between flare-ups.



report making adjustments to their working life based on their IBD.



report that IBD has prevented them from pursuing an intimate relationship.



report that IBD has gotten in the way of making and keeping friends.<sup>12</sup>



**IBD has a major impact on physical and emotional wellbeing, often affecting the social interactions, family life, and the work or studies of those with the disease.<sup>13</sup>**



Those with UC may have rectal bleeding, urgent bowel movements, fatigue and bloody stool.<sup>9,14</sup>



Those with CD may have an abdominal mass, joint pain and vomiting.<sup>9,15</sup>

**UC impacts the colon and rectum, and is marked by ulcers.<sup>10</sup> Typically, the inner lining of the bowel is inflamed.<sup>16</sup>**

**In CD, inflammation may occur anywhere along the digestive tract, and all layers of the lining of the bowel may be inflamed.<sup>16</sup>**

1. Centers for Disease Control and Prevention. What Is Inflammatory Bowel Disease (IBD)? Published September 18, 2014. Accessed April 25, 2015. 2. Fumery M, et al. Epidemiology, risk factors and factors associated with disabling course in inflammatory bowel disease. Rev Prat. 2014 Nov;64(9):1210-5. 3. Park KT, et al. Inflammatory bowel disease-attributable costs and cost-effective strategies in the United States: a review. Inflamm Bowel Dis. 2011;17(7):1603-1609. 4. Yu AP, et al. The costs of Crohn's disease in the United States and other Western countries: a systematic review. Curr Med Res Opin. 2008;24(2):319-328. 5. Cohen RD, et al. Systematic review: the costs of ulcerative colitis in Western countries. Aliment Pharmacol Ther. 2010;31(7):693-707. 6. Canadian Digestive Health Foundation. Statistics. <http://www.cdhf.ca/digestive-disorders/statistics.shtml>. Accessed January 4, 2013. 7. Crohn's & Colitis Australia. Improving Inflammatory Bowel Disease care across Australia. [https://www.crohnsandcolitis.com.au/content/PwC\\_report\\_2013.pdf](https://www.crohnsandcolitis.com.au/content/PwC_report_2013.pdf). Published March 2013. Accessed February 4, 2014. 8. Crohn's and Colitis Foundation of America. About Crohn's disease. Published 2009. <http://www.ccfca.org/info/about/crohns>. Accessed March 28, 2012. 9. Podolsky DK. Inflammatory bowel disease. N Engl J Med. 2002;347(6):417-429. 10. National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases, National Digestive Diseases Information Clearinghouse. Ulcerative colitis. 11. National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases, National Digestive Diseases Information Clearinghouse. Crohn's disease. <http://digestive.niddk.nih.gov/ddiseases/pubs/crohns/index.aspx>. Published December 2011. Accessed March 1, 2013. 12. Lonnfors, et al. IBD and health related quality of life - Discovering the true impact. Journal of Crohn's and Colitis. 2014; 8: 1281-1286. 13. Lesnovska, et al. What do patients need to know: living with inflammatory bowel disease? Journal of Clinical Nursing. 2013;23: 1718-1725. 14. National Health Service. Ulcerative Colitis. <http://www.nhs.uk/Conditions/Ulcerative-colitis/Pages/Symptoms.aspx>. Accessed September 24, 2015. 15. National Health Service. Crohn's disease. <http://www.nhs.uk/Conditions/Crohns-disease/Pages/Symptoms.aspx>. Accessed September 24, 2015. 16. Crohn's and Colitis UK. Understanding IBD. <http://www.crohnsandcolitis.org.uk/Resources/CrohnsAndColitisUK/Documents/Publications/Booklets/understanding-ibd.pdf>. Published 2014. Accessed May 8, 2015.