

Know the

Inflammatory Bowel Disease

(Crohn's and Ulcerative Colitis)

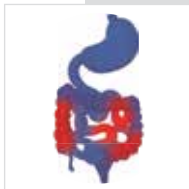
IBD : is a name for a group of disorders which causes inflammation of the intestine.

IBD includes two disorders; Crohn's disease and Ulcerative Colitis (UC).

Ulcerative Colitis : UC affects the inner lining of the large intestine (colon).



Crohn's disease : Crohn's disease can affect any part of the digestive tract from the mouth to the anus.



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What causes IBD?

The cause of IBD is generally unknown and experts believe that it is abnormal activity of a person's immune system (body's natural defense mechanism system). Normally, the immune system protects the body from infections caused by bacteria or viruses and once the infection has been cleared, the immune system "shuts off". In people with IBD, the immune system overreacts to normal bacteria and once it starts working the immune system fails to 'shut off'; causing inflammation, which damages the digestive tract. Other factors include genes/hereditary, as IBD runs in families and suggests that genes play a role in causing IBD. Stress and eating certain foods can also contribute to making symptoms worse.



IBD Symptoms

- ✓ Diarrhea
- ✓ Urgency to have a bowel movement
- ✓ Increased frequency of bowel movements
- ✓ Abdominal pain
- ✓ Blood in the stool
- ✓ Loss of appetite
- ✓ Fatigue and weight loss

Let's look at what are Do's and Don'ts in IBD

✓ Do's



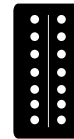
Eat right



Lead an active life



Follow up with doctor, regularly



Adhere to the treatment

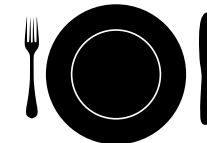
✗ Don'ts



Smoking



Alcohol



Wrong Diet

Talk to your doctor about conceiving while on treatment of IBD

Pregnancy and IBD: Many patients with IBD have normal fertility and can expect a normal pregnancy, childbirth and development of a healthy baby.

However, where issues may arise are if you undergo a 'j-pouch' otherwise known as pouch surgery or if you have Crohn's disease, as the abdomen can block the fallopian tubes or may make intercourse painful.

There is a good chance you can remain well throughout a pregnancy if you have conceived when your disease has remained inactive. If your disease is active at the beginning or you suffer flares during pregnancy there is a risk that this may cause a low birth weight or the baby may be premature.

IBD & Nutrition

Healthy eating is perhaps the most important tip to follow for someone with IBD.

Since IBD (Crohn's and colitis) are chronic condition, you need to understand how complete your diet is.

When you are in remission

(Without any symptoms)

If your Crohn's or Colitis is in remission (your symptoms are under control), you can best help yourself by eating a well- balanced diet. During remission, there is no need to avoid any particular kind of food. But there are certain foods that are harder to digest than others, even at the best of times, so you may want to keep an eye out for their impact on your digestive system.

During a flare-up (Symptoms outburst)

If you have a flare-up (sudden worsening of the symptoms), you may want to modify your diet to avoid aggravating an already sensitive gut. Here are some tips to help you get through an acute episode of Crohn's or colitis:

- Eat smaller & more frequent meals
- Eat in a relaxed atmosphere
- Limit food with insoluble fiber (i.e., seeds, nuts, beans, green leafy vegetables fruit and wheat bran)
- Reduce the amount of greasy or fried foods

Beverages to try:

- Water
- Low-sugar sports drinks
- Fruit juices diluted with water



Beverages to Avoid:

- Ice-cold liquids (can cause cramps in some cases)
- Caffeine in coffee, tea and other beverages

Eat food rich in soluble fiber:

Grains include wheat, rice, oats, cornmeal, barley and others. Grains are important sources of fiber, B vitamins and minerals.



They include :

- Foods containing insoluble fibre (for example skins of fruit, whole wheat and grains, brown and wild rice)
- Seeds and nuts
- Raw fruits, raw veggies and salad

Take note: these foods may not bother everyone with Crohn's or colitis – you have to experiment and find out for yourself what does and does not bother your gut.

Choose best Protein rich food



Meat, seafood, beans, eggs, nuts and seeds are excellent sources of protein and provide B vitamins, vitamin E, iron, zinc, magnesium and other nutrients.

Stool Thickening Foods

If diarrhea is a major issue, try including foods in your diet that help to bulk up your stool. But be careful – test them in small amounts first. Healthier thickening foods include:

- Cheese
- Smooth nut butters
- Oatmeal or oat bran
- Bananas
- Greek yogurt
- Potatoes
- White rice
- Pasta

