What is IBD?

Inflammatory Bowel Disease (IBD) refers to two diseases of the digestive system, including Crohn's Disease and Ulcerative Colitis.

IBD is very different from Irritable Bowel Syndrome (IBS).

A personalized approach is key.

Crohn's Disease:
Inflammation in any part of the digestive tract, most commonly the last portion of the small bowel and the first part of the large intestine. 25% of patients will also have inflammation around their anal area.

Ulcerative Colitis:
Inflammation of the large intestine (colon and rectum).

General IBD Symptoms

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Crohn's</th>
<th>Ulcerative Colitis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abdominal Pain</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Persistent Diarrhea</td>
<td>♦</td>
<td>✔</td>
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<tr>
<td>Weight Loss</td>
<td>✔</td>
<td>✔</td>
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<tr>
<td>Joint Pain and Swelling</td>
<td>✔</td>
<td>♦</td>
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<tr>
<td>Fatigue</td>
<td>✔</td>
<td>✔</td>
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<tr>
<td>Mouth Sores</td>
<td>✔</td>
<td>♦</td>
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<tr>
<td>Anemia / Iron Deficiency</td>
<td>✔</td>
<td>♦</td>
</tr>
<tr>
<td>Bleeding</td>
<td>♦</td>
<td>✔</td>
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<tr>
<td>Urgency</td>
<td>♦</td>
<td>✔</td>
</tr>
</tbody>
</table>

Goal:
Achieve Remission, Improve Symptoms, Control Inflammation

Better Quality of Life!

Treatment:
Medication, Surgery, Diet, Nutrition

Effective plans focus on overall health while minimizing side effects and discomfort.

Every patient's IBD is different, so a personalized approach is key.

For an appointment, call 888-824-0200. To learn more, visit uchospitals.edu.