

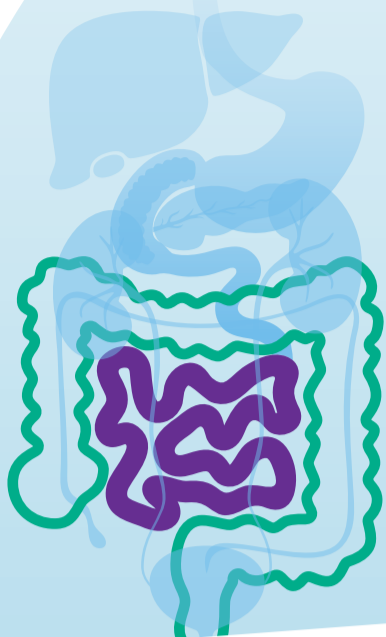
# What is IBD?

Inflammatory Bowel Disease (IBD) refers to conditions which cause chronic inflammation of the digestive system. This inflammation is triggered by an abnormal response of the body's immune system.<sup>1</sup>

**Crohn's disease** and **ulcerative colitis** are two of the most common forms of IBD.

## Crohn's disease

Most commonly affects the small intestine, at the point where it meets the colon, known as the ileum. It can affect the entire thickness of the bowel wall.



## Ulcerative colitis

Affects the large intestine (or large bowel) which consists of the colon and rectum. It affects only the inner-most lining of these areas.

## Living with IBD

IBD affects people differently but it can have a big impact on both physical and mental well-being.<sup>2</sup> The impact it may have on a patient's life will depend on the severity of their disease and whether they are in a period of remission, when the disease is less active and easier to manage, or in an active phase (known as a flare-up), when effects can be more severe.

### Signs and Symptoms<sup>3</sup>



Diarrhoea



Pain in the abdomen



Tiredness



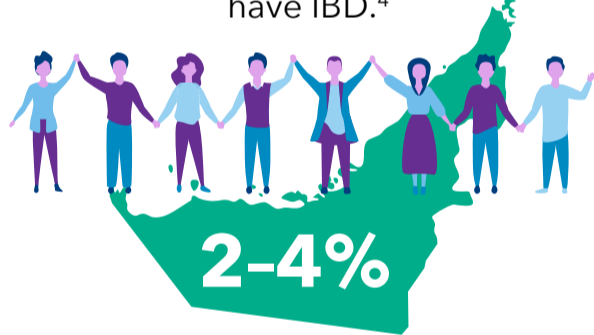
Loss of appetite



Weight loss

### Prevalence

In the UAE, it is thought that between 2-4% of the population have IBD.<sup>4</sup>



The onset of IBD can occur at any age, but it is most often diagnosed in adolescents and adults aged between 20 and 30.<sup>5</sup>

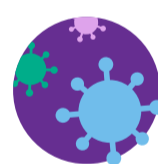


### Causes

It is not known exactly what causes IBD. Inflammation is triggered when the body attacks harmless food or bacteria in the gut, upsetting its normal function. Environmental factors, such as stress, medication and viruses may also contribute to Crohn's disease and ulcerative colitis.<sup>1</sup>



Stress



Viruses



Medication



Food



Other unknown factors

### Diagnosis

Getting a correct diagnosis is key to taking control of IBD. Patients often put off discussing embarrassing symptoms, meaning an accurate and timely diagnosis is delayed, which can make symptoms worse and complicate the condition.



### Treatment and Management

IBD is a chronic condition, meaning it is ongoing and lifelong. There is no cure, but medication, or if necessary, surgery, can provide relief from the symptoms.



For more information on IBD, visit

[www.IBDUAE.ae](http://www.IBDUAE.ae)

<sup>1</sup>. Centers for Disease Control and Prevention: What is inflammatory bowel disease? Available at: <http://www.cdc.gov/ibd/what-is-ibd.htm> (last accessed Nov 2020). <sup>2</sup>. IBD Determined: Coping with IBD. Available at: <http://www.ibddetermined.org/ibd-information/ibd-quality-of-life/ibd-coping-with-ibd.aspx> (last accessed Nov 2020). <sup>3</sup>. EFCCA: What is IBD? Basic Information. Available at: <http://www.efcca.org/en/basic-information> (last accessed Nov 2020). <sup>4</sup>. <https://www.thenationalnews.com/uae/crohn-s-disease-patient-describes-her-struggle-and-the-determination-to-help-other-sufferers-1.629784> <sup>5</sup>.Centres for Disease Control and Prevention: Data and Statistics, Inflammatory Bowel Disease at <https://www.cdc.gov/ibd/data-statistics.htm> (last accessed Nov 2020).