

Crohn's
disease
explained



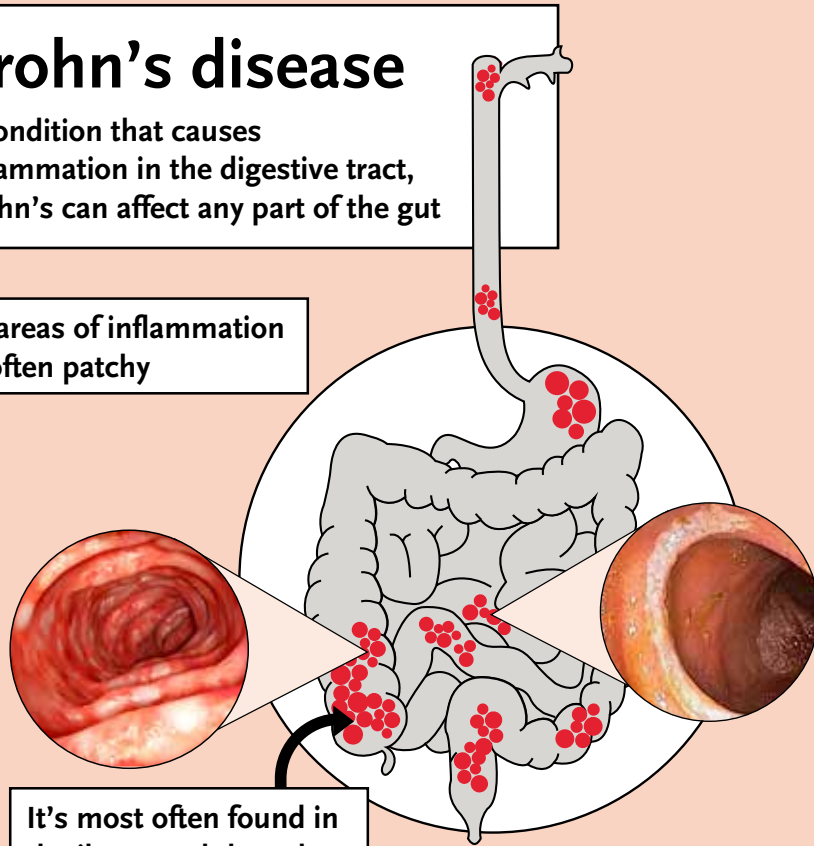
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Crohn's disease

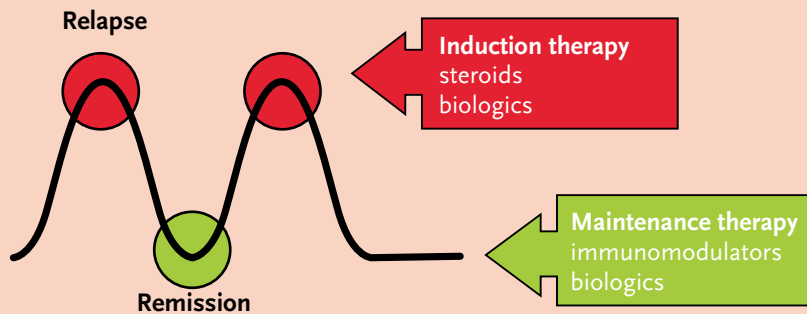
A condition that causes inflammation in the digestive tract, Crohn's can affect any part of the gut

The areas of inflammation are often patchy

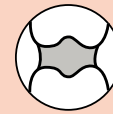


It's most often found in the ileum and the colon

We want to induce remission and maintain it with the right treatment



Sometimes other parts of the body are affected too



Joints



Skin



Eyes

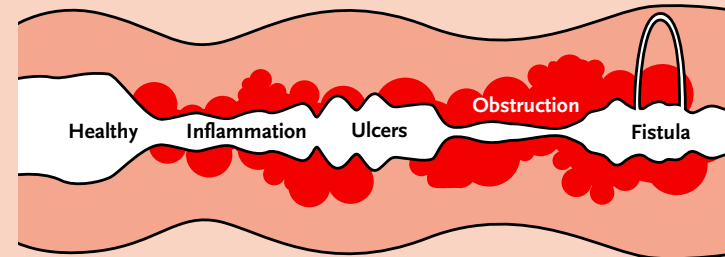


Kidneys



Bones

You may hear different terms used to describe what's happening in your gut



There are other things you can do to help yourself



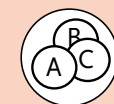
Eat small portions



Don't smoke



Drink lots of water



Take supplements



Keep active



Talk things through

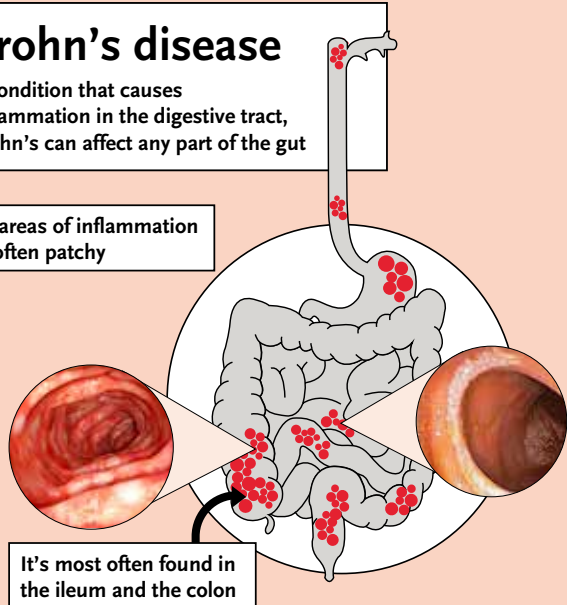


My IBD Care app

Crohn's disease

A condition that causes inflammation in the digestive tract, Crohn's can affect any part of the gut

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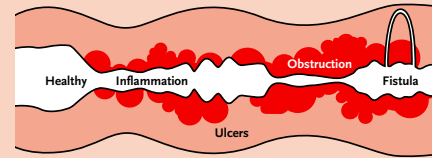
- Crohn's disease is a type of inflammatory bowel disease (IBD) that can affect any part of the digestive system from the mouth to the anus¹
- It's different for everyone, but the inflammation is most often found in the ileum (the end of the small intestine) and the colon¹
- The inflammation comes in patches with healthy sections in between²

Sometimes other parts of the body are affected too



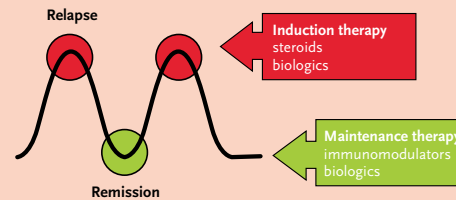
- Crohn's can also cause problems outside of the gut, like inflammation in the joints, skin and eyes. Very rarely, the bones, kidneys and other body parts can be affected³
- If you ever feel like something's wrong, let your doctor know as soon as you can

You may hear different terms used to describe what's happening in your gut



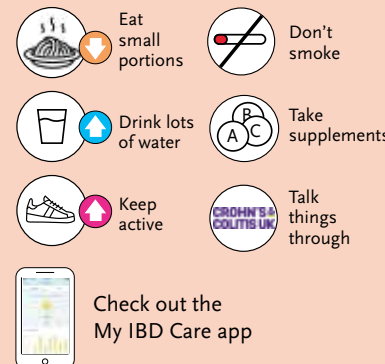
- Inflammation in Crohn's can cause a few different problems in your gut:⁴
- Small sores called ulcers can develop in the lining of your gut, including your mouth⁵
- Swelling of the gut wall can cause an obstruction⁵
- Some people may develop an abnormal passageway between organs called a fistula⁵
- Everyone's experience is different, but if you do have any of these problems there are a few different ways we can treat them

We want to induce remission and maintain it with the right treatment



- Crohn's alternates between relapses (when your symptoms flare-up) and times of remission (when you feel well)⁴
- Initially, our aim is to get you well using induction therapy (like steroids)⁵
- Then, we want to keep you well using maintenance therapy with treatments tailored to you (like immunomodulators or biologics)⁵
- Surgery is something we can consider later on if treatment isn't working well⁶

There are other things you can do to help yourself



- Eat food and drink water frequently in small amounts throughout the day⁷
- Regular exercise can help reduce fatigue and inflammation in people with IBD⁸
- Quitting smoking can be just as effective as immunotherapy for treating Crohn's⁴
- Calcium and vitamin D supplements can help keep your bones strong⁴
- It's a good idea to talk things through – you can find lots of support through Crohn's & Colitis UK

References

Crohn's disease

1. Johns Hopkins Medicines. Crohn's disease. Johns Hopkins University.
2. Gomollón F *et al.* J Crohns Colitis 2017; 11(1): 3-25.
3. Vavricka SR *et al.* Inflamm Bowel Dis 2015; 21(8): 1982-92.
4. Kalla R *et al.* BMJ 2014; 349: g6670.
5. NICE Clinical Knowledge Summaries. Crohn's disease, September 2017.
6. Frolkis AD *et al.* Gastroenterology 2013; 145(5): 996-1006.
7. Brown AC *et al.* Expert Rev Gastroenterol Hepatol 2011; 5(3): 411-25.
8. Bilski J *et al.* Pharmacol Rep 2016; 68(4): 827-36.

Abbreviations

IBD: inflammatory bowel disease

Useful links:

www.dr-falk.co.uk
www.crohnsandcolitis.org.uk

Adverse events should be reported. Reporting forms and information in Ireland can be found at www.hpra.ie and in the UK at www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store. Adverse events should also be reported to Dr Falk Pharma UK Ltd. at PV@drfalkpharma.co.uk

Provided as a service to medicine by Dr Falk Pharma UK Ltd,
Bourne End Business Park, Cores End Rd, Bourne End, SL8 5AS
Registered in England No: 2307698

Date of preparation: September 2021

UI-2100110



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