**About Inflammatory Bowel Disease (IBD)**

Information from the American College of Gastroenterology on Ulcerative Colitis and Crohn’s Disease

**INFLAMMATORY BOWEL DISEASE (IBD)** is an umbrella term for the chronic gastrointestinal inflammatory conditions ulcerative colitis and Crohn’s disease.

IBD may vary among patients, so discuss goals and options for treatment and monitoring strategies suitable for you.

**ABOUT 7 MILLION PEOPLE WORLDWIDE ARE LIVING WITH IBD,** nearly 3.9 MILLION FEMALES and nearly 3.0 MILLION MALES.

**AGE 15 TO 35**
The most common age of onset of IBD is between 15 and 35 years.

**25% BY AGE 20**
25% of people with IBD are diagnosed by age 20.

**WHAT CAUSES Ulcerative Colitis and Crohn’s Disease?**
Causes are poorly understood but may include genes, immune system, environment, and gut microbiome.

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**HEALTHY DIET**
- Maintain a diverse and nutrient-rich diet.
- Consult with your doctor or dietitian before making any changes to your diet.

**PREVENTIVE Health & Vaccines**
- Talk to your doctor about:
  - Safety and appropriate timing of vaccinations for:
    - COVID-19
    - Influenza
    - Herpes zoster
    - Pneumococcal pneumonia
    - Other vaccine-preventable diseases
- Screening for:
  - Osteoporosis
  - Cervical cancer
  - Melanoma and non-melanoma skin cancer
  - Colorectal cancer
- Identification of depression and anxiety
- Smoking cessation

**TIPS to Make the Most of Your Doctor Visit**

**Before the visit**
- Do some research before you go
- Write down questions and answers
- Bring along a trusted family member or friend

**During the visit**
- Be specific when describing how you feel
- Don’t be afraid to ask questions—even a lot of questions!
- Speak up if something is confusing—your doctor wants you to understand

**ACG supports The Crohn’s & Colitis Foundation Open Restrooms Movement** to make more restrooms available to patients with urgent bathroom needs (whatever the cause).

[www.crohnscolitisfoundation.org/openrestrooms](http://www.crohnscolitisfoundation.org/openrestrooms)

- Download “We Can’t Wait: Restroom Access App” via Apple App Store or Google Play

**YOU ARE NOT ALONE!**
Gastroenterologists know about IBD and can help you find treatments that work.

- Learn More: [gi.org/patients/IBD](http://gi.org/patients/IBD)
- Find a gastroenterologist near you: [gi.org/FindaGI](http://gi.org/FindaGI)