



# 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**.



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

## AGE 15 TO 35

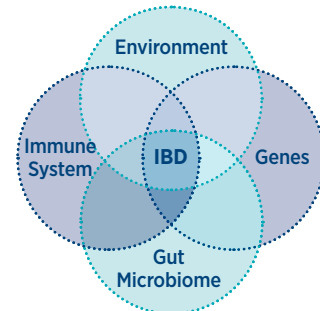
The most **common age of onset** of IBD is between **15 and 35** years.

## 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**.



## 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

⚠ It is important for people with IBD to receive a **COVID-19 vaccine** and be fully vaccinated.

### Talk to your doctor about

- ✓ safety and appropriate timing of vaccinations for:
  - influenza
  - pneumococcal pneumonia
  - herpes zoster
  - 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

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



**We Can't Wait**

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)