



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

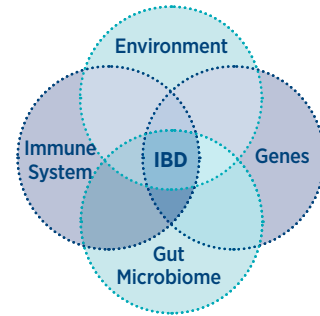
The most **common age of onset** of IBD is between **15 and 35** years.

25% BY AGE 20

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

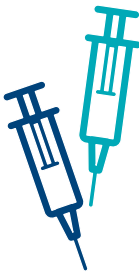
WHAT CAUSES Ulcerative Colitis and Crohn's Disease?

Causes are poorly understood but may include **genes, immune system, environment, and gut microbiome.**



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

Remember: You may have to keep taking your medications, even if you are feeling fine.

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



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

📱 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

🔍 Find a gastroenterologist near you: gi.org/FindaGI