

What is Crohn's Disease?

Crohn's is a type of Inflammatory Bowel Disease that causes chronic (life-long) digestive issues. While Crohn's can affect any part of your digestive tract, the majority of cases involve the ileum, or the lower part of the small intestine. When you suffer from Crohn's disease, your immune system attacks the gastrointestinal tract, causing inflammation and irritation. The cause of this immune response is unknown. ¹

Symptoms of Crohn's Disease:

Symptoms of Crohn's disease can be painful and even debilitating. Symptoms and severity vary per individual, depending on the location of the inflammation. The most common symptoms of Crohn's disease include:

- Diarrhea
- Abdominal pain
- Cramping
- Weight loss

How is Crohn's Disease Diagnosed?

Gastroenterologists typically rely on a battery of tests to properly diagnose Crohn's Disease. Diagnostic testing may include:

- Physical examination
- Analysis of Medical & Family history
- Lab Tests & Blood work
- Biopsy
- Intestinal Endoscopy (i.e colonoscopy)
- Upper gastrointestinal (GI) series (x-rays)
- Computed tomography (CT) scan

In addition, your Gastroenterologist may conduct tests to rule out other diseases (such as irritable bowel syndrome or ulcerative colitis) that present with similar symptoms.

Crohn's Disease Treatment

Currently, there is no cure for Crohn's Disease, however, your Gastroenterologist can help you manage your disease and control your symptoms. Treatments of Crohn's Disease include:

- Medication
- Surgery
- Changes to your diet

¹ Burisch J, Munkholm P. Inflammatory bowel disease epidemiology. Current Opinion in Gastroenterology.2013;29(4):357–362.