

## understanding your condition

### Crohn's Disease & Ulcerative Colitis

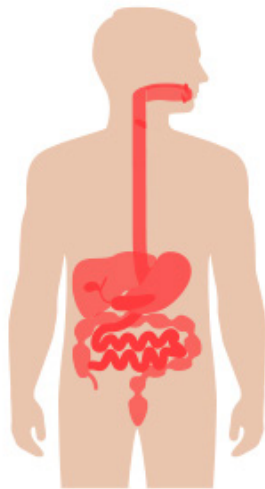
Receiving a medical diagnosis, such as Crohn's Disease & Ulcerative Colitis, may be overwhelming and scary. Learning about the condition, and how to cope with it, can make it more manageable.

#### Condition Introduction

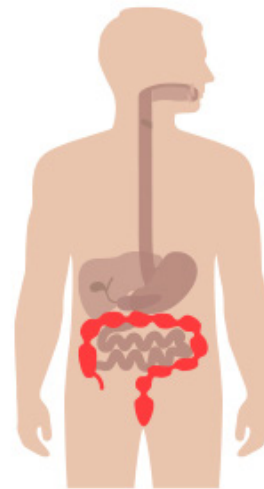
Crohn's disease and ulcerative colitis (collectively called inflammatory bowel disease [IBD]), are chronic, autoimmune conditions that directly affect the digestive system. Autoimmune conditions happen when your immune system mistakenly attacks some of your own cells, causing damage. This can happen in any part of the body, but in Crohn's disease and ulcerative colitis, your immune system mistakenly attacks the cells in your gastrointestinal (GI) tract, causing inflammation, swelling and painful ulcers. This results in stomach or abdominal pain, bloating and diarrhea.

#### How Crohn's Disease & Ulcerative Colitis Affects the Body

To better understand how this disease affects the body, **see below for more details.**



**Crohn's Disease**



**Ulcerative Colitis**

The main difference between the two conditions are their locations within the digestive system, their symptoms and their impact on how the body uses food.

## Symptoms

Symptoms, or flare-ups, are usually why a person seeks medical advice that can lead to the diagnosis of Crohn's disease or ulcerative colitis. Symptoms are different for each condition and vary per person. They can range from mild to severe, and come and go with periods of flare-ups or remission.

Crohn's Disease	Ulcerative Colitis
<p><b>Most Common Symptoms</b></p> <ul style="list-style-type: none"> <li>• Frequent diarrhea</li> <li>• Rectal bleeding</li> <li>• Urgency to use the restroom</li> <li>• Fever</li> <li>• Abdominal pain or tenderness, often on the right side</li> <li>• Constipation</li> <li>• Loss of appetite</li> <li>• Weight loss</li> </ul> <p><b>Severe Symptoms</b></p> <ul style="list-style-type: none"> <li>• Inflammation of the eyes, skin or joints</li> <li>• Delayed growth in children</li> <li>• Inflammation of the liver</li> </ul>	<p><b>Most Common Symptoms</b></p> <ul style="list-style-type: none"> <li>• Diarrhea, often becomes bloody (main symptom)</li> <li>• Dehydration</li> <li>• Abdominal pain and cramping</li> <li>• Fever</li> <li>• Urgency to use the restroom</li> <li>• Weight loss</li> <li>• Can be associated with weight loss, anemia (low iron levels), skin lesions (sores), and delayed growth in children</li> </ul> <p><b>Severe Symptoms</b></p> <ul style="list-style-type: none"> <li>• Inflammation of the eyes, skin or joints</li> <li>• Delayed growth in children</li> <li>• Inflammation of the liver</li> </ul>

## How Nutrition is Affected by Crohn's Disease & Ulcerative Colitis

Sometimes Crohn's Disease & Ulcerative Colitis symptoms can be brought on by the foods you eat. To better manage your symptoms and keep track of your diet, download our *Food and Symptom* tracker. To better understand this disease, your symptoms, and how nutrition is affected, **see the table below for more details.**

General Overview		How Nutrition is Affected
<b>Crohn's Disease</b>	<ul style="list-style-type: none"> <li>• Can involve entire GI tract (from mouth to anus)</li> <li>• Inflammation can extend throughout the entire thickness of the bowel</li> <li>• Abdominal pain is common</li> </ul>	<ul style="list-style-type: none"> <li>• Food is not fully broken down so nutrients cannot be absorbed, resulting in abdominal pain, diarrhea, weight loss, fatigue and malnutrition</li> </ul>
<b>Ulcerative Colitis</b>	<ul style="list-style-type: none"> <li>• Only involves the large intestine (colon and rectum)</li> <li>• Inflammation is only in the innermost lining of the intestine</li> <li>• Abdominal pain is less common</li> </ul>	<ul style="list-style-type: none"> <li>• Water and electrolytes are not well absorbed resulting in diarrhea, urgency to use the bathroom, and having bowel movements more often</li> </ul>