Crohn's disease is a chronic inflammatory bowel disease (IBD) characterized by inflammation of the gastrointestinal (GI) tract.

- It can affect any part of the GI tract, from the mouth to the anus
- It is not caused by food
- There is no cure
- It is not contagious

**Symptoms Include:**

Frequent recurring diarrhea, rectal bleeding, unexplained weight loss, fever, abdominal pain and cramping, fatigue and a feeling of low energy, reduced appetite.

Other facts about symptoms:

- Inflammation plays a role in your symptoms
- Symptoms range from mild to severe

**What Causes Crohn’s?**

- The exact cause is unknown
- It is not caused by something a person has done or eaten
- It is believed to be a combination of:
  - Genetics
  - The Immune System
  - The Environment
  - Crohn’s is believed to be an overreaction of the immune system.

**Crohn’s Is Unpredictable**

- Varies between periods when disease is active, or flaring, and when it is in remission (few or no symptoms)
- Varies from person to person and may change over time
- When Crohn’s is flaring, symptoms may make it difficult to keep to a usual routine

**Crohn’s Disease 101**

**Who Gets Crohn’s Disease?**

Up to 20% of people with Crohn’s have a blood relative who has IBD.

Approximately 700,000 people in the United States are affected by Crohn’s disease.

**Affects Men and Women Equally**

Usually diagnosed between ages 15-35 years old.

**Symptoms**

- Frequent recurring diarrhea
- Rectal bleeding
- Unexplained weight loss
- Fever
- Abdominal pain and cramping
- Fatigue
- Feeling of low energy
- Reduced appetite

Other facts about symptoms:

- Inflammation plays a role in your symptoms
- Symptoms range from mild to severe

**Crohn’s Treatment**

- Because Crohn’s is chronic, ongoing treatment is required
- There are many different kinds of medications available
- People with Crohn’s should work with their doctor to create a treatment plan and set treatment goals