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

**WHO GETS CROHN’S DISEASE?**

- Up to 20% of people with Crohn’s have a blood relative who has IBD
- Approximately 780,000 people in the United States are affected by Crohn’s disease
- Affects men and women equally

**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.

**WHO GETS CROHN’S DISEASE?**

- Usually diagnosed between ages 15-35 years old

**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 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

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