CROHN’S DISEASE 101
A BASIC GUIDE

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 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

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

Usually diagnosed between ages 15-35 YEARS OLD

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