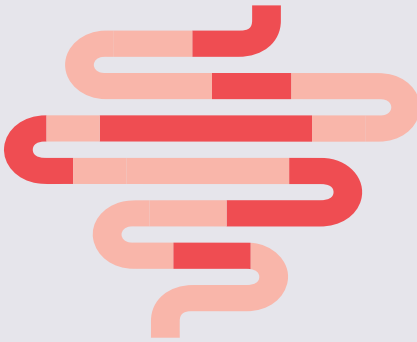




Crohn's & Colitis

Crohn's disease and ulcerative colitis are both a type of inflammatory bowel disease (IBD) and although they share similar symptoms, they are not the same illness and affect different areas of the gastrointestinal (GI) tract.¹ The exact cause of IBD is unknown, but it can be attributed to a faulty immune system – where the immune system responds incorrectly to environmental triggers, which causes inflammation of the GI tract.²



CROHN'S DISEASE¹

- Age of onset: 15-35 and 55-70 years
- Can affect any part of the GI tract
- Can affect the entire thickness of the bowel wall

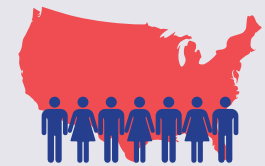


ULCERATIVE COLITIS¹

- Age of onset: 15-35 and 55-70 years
- Only the colon and rectum are affected
- Affects the inner-most lining of the large intestine



TEN MILLION+ people worldwide have IBD.³



There are more than **70K NEW CASES** diagnosed in the U.S. each year.³

SYMPTOMS INCLUDE:²



Persistent diarrhea and bloody stools



Abdominal pain



Weight loss



Fatigue

TREATMENT^{4,5}

Treatment for Crohn's disease and ulcerative colitis includes diet and nutrition changes, medication, and in some cases, surgical procedures.

- Living well with Crohn's and colitis means paying close attention to diet which can help reduce symptoms, replace lost nutrients, and promote healing. There is no one-size-fits-all eating plan that will work for everyone. Dietary recommendations must be tailored to each person—depending on the affected area and symptoms.
- In addition to controlling and suppressing symptoms, medication can also be used to decrease the frequency of symptom flare ups. With proper treatment over time, periods of remission can be extended and periods of symptom flare ups can be reduced. Treatment cost depends wholly on dosing and disease severity.



Generic corticosteroids and oral immunosuppressants



Generic and brand name oral aminosalicylates



Biologic agents

1. Overview of Crohn's Disease. <https://www.crohnscolitisfoundation.org/what-is-crohn-disease/overview>.
 2. CDC - What is inflammatory bowel disease (IBD)? - Inflammatory Bowel Disease - Division of Population Health. (2018, March 22). <https://www.cdc.gov/ibd/what-is-ibd.htm>.
 3. Crohn's and Colitis Foundation of America Factbook. (2019, February). <https://www.crohnscolitisfoundation.org/sites/default/files/2019-02/Updated%20IBD%20Factbook.pdf>.
 4. Diet and Nutrition. Crohn's & Colitis Foundation. <https://www.crohnscolitisfoundation.org/diet-and-nutrition>.
 5. ProAct Clinical Team