

300,000 people in the UK have Crohn's Disease or Ulcerative Colitis – the two main forms of Inflammatory Bowel Disease.

Every **30 minutes** someone in the UK is diagnosed with **Crohn's or Colitis.**

1 in 4 people newly diagnosed are under **16.**

Treatments can include:

medication

surgery

diet

Crohn's and Colitis can cause:

abdominal pain
diarrhoea anaemia
depression
osteoporosis
weight loss
mouth ulcers
joint pain
fatigue
fistulas

Parts of the digestive system become swollen, inflamed and ulcerated.

Crohn's Disease

- Can affect any part of the digestive system
- All layers of the bowel may be inflamed

Ulcerative Colitis

- Affects the rectum and colon
- Only the inner lining of the colon is inflamed

Possible causes:

Your **genes.**

+

An abnormal reaction of the **immune system** to **bacteria** in the gut.

↑
Triggered by something in the **Environment.**

There is no known cure.

www.crohnsandcolitis.org.uk