

Diet tips when your disease is active (During flare-ups):



Bland, soft food



Plain cereals, white rice



Fully cooked vegetables, potatoes without skin



Banana, applesauce



Nutritional supplements if you lose your appetite



Vitamins and mineral supplements if your health care provider approves



Protein if you have no problems when you eat them (lean meats, fish, soy)

Travelling in IBD

It is absolutely OK to travel and all you need to do is take some common sense precautions.

- Make sure you are well (in remission) prior to travelling
- Have an adequate supply of medications for your entire trip
- Avoid any food that triggers your symptoms



IBD & Pregnancy

Having IBD does not necessarily affect the ability to have children.

With careful supervision of both gastroenterologist and obstetrician, most women with IBD can have a healthy pregnancy and a healthy baby.

The best time for a woman with IBD to become pregnant is when her IBD is in remission for at least 3-6 months and she is off steroids.

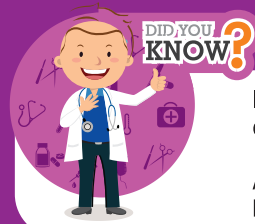


Women in remission can become pregnant as easily as other women of the same age. Conceiving during a disease flare & when starting a new medication is not advised.

IBD & IBS

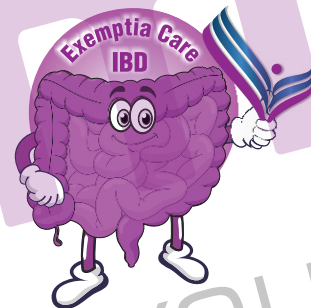
Although, IBD & IBS share some common symptoms like abdominal pain, cramps & diarrhea. But they are two very different disorders. Certain symptoms help differentiate IBD from IBS such as fever, weight loss, blood in stool & presence of intestinal & extra intestinal complications in IBD.

IBD	IBS
IBD stands for "Inflammatory Bowel Diseases"	IBS stands for "Irritable Bowel Syndrome"
IBD is a structural disease	IBS is a functional disorder
IBD cause inflammation, ulcers or other damage to the bowel	In IBS, the digestive system looks normal but doesn't work as it should
IBD can cause permanent damage to the GI tract	IBS does not cause permanent damage to the GI tract



It is possible to be diagnosed with both conditions (IBD & IBS)

Approximately 20% of patients with IBD can have concurrent IBS symptoms.



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FAQs Frequently Asked Questions on

Inflammatory Bowel Disease

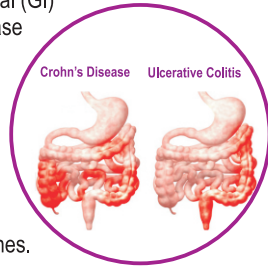


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Understanding Inflammatory Bowel Disease (IBD)

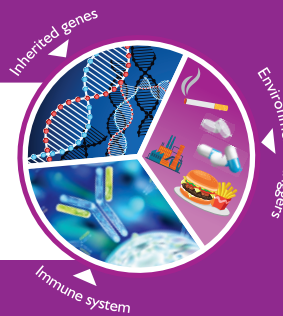
Chronic inflammation of your gastrointestinal (GI) tract is called as Inflammatory Bowel Disease (IBD).

IBD primarily refers to Ulcerative colitis and Crohn's disease. Ulcerative colitis is limited to the large intestine (colon) & the rectum, but Crohn's disease can involve any part of the GI tract from the mouth to the anus. Crohn's disease appears in patches.



Causes of IBD

Studies show that many things work together to cause IBD including inherited traits called "genes", abnormality in immune system and something in the environment.



Symptoms of IBD



Abdominal pain & cramping



Diarrhea



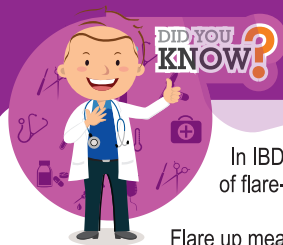
Blood in stool



Weight loss



Fever & Feeling exhausted



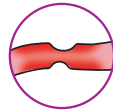
In IBD you can have intermittent periods of flare-ups and remission.

Flare up means you have active disease & its symptoms. Remission means symptoms have resolved and disease is not active.

Currently, there is no known cure for IBD. However, with regular medications and sometimes with surgery, most patients can remain in excellent health.

Complications of IBD

If the inflammation persists for long period of time, it may lead to complications of IBD.



Stricture: Narrowing of a section of intestine caused by scarring



Fistula: Abnormal connection between two loops of intestine or between intestine and another nearby structure



Abscess: A collection of pus in the abdomen, pelvis or around anal area



Perforated bowel: Weakening of the bowel wall to such an extent that a hole develops



Toxic megacolon: Rapid enlargement of the large intestine

Extra intestinal complications include Inflammation of the joints (often known as arthritis), skin disorders (e.g. erythema nodosum), eye problems (e.g. episcleritis), anemia, diseases of the liver/bile ducts and kidneys etc.

Your Goals in IBD Management



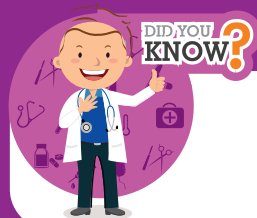
Stay symptom free



Avoid complications, hospitalizations & surgery



Improved quality of life



With proper treatment, the majority of patients do well and do not develop any serious complications.

Managing Flare up in IBD



Take all IBD medications regularly



Eat low fiber food & smaller meals (5-6) throughout the day



Avoid foods that trigger symptoms



Consider taking a multi-vitamin or mineral supplement



Exercise regularly (Even low-intensity activities work)



Reduce your stress

Elements of a Well-Balanced Diet When Your Disease Is Inactive



8 to 10 glasses of water each day



Carbohydrates with soluble fiber like oat bran, legumes, and barley



Proteins like lean meat, fish, eggs, nuts, poultry, and soy



Healthy fats like omega-3 fatty acids, olive oil, and canola oil



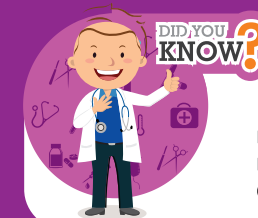
Deeply colored (without skin and seeds) fruits and cooked vegetables



Vitamin and mineral supplements if your health care provider approves



Dairy/calcium (dairy substitute if you are lactose intolerant)



It's important to keep taking maintenance medicines even when you feel well (during remission) because they reduce the recurrence of flares.