

Crohn's Disease

Crohn's disease is a bowel disease with no known cause. The intestines or bowels become swollen and do not function well. Crohn's disease can affect the small or large part of the bowel. It is a long-term disease. You may feel better for weeks or months or you may have signs every day. With care, most people with Crohn's disease lead full, active lives.

Signs

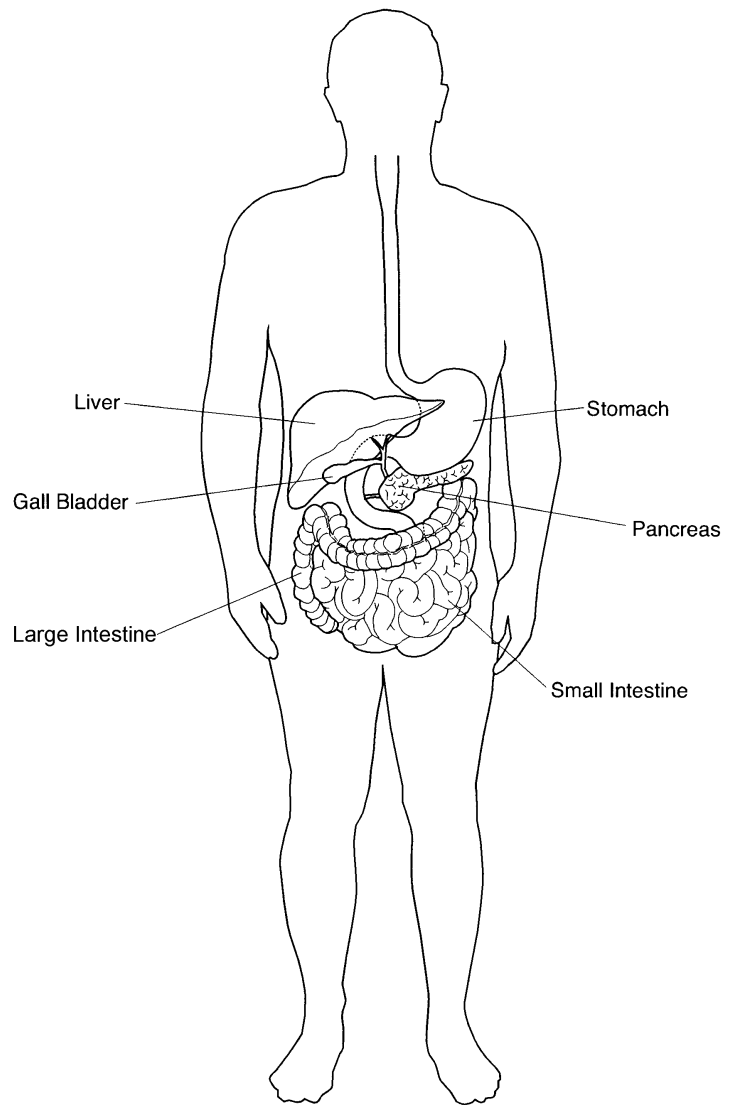
- Diarrhea
- Fever
- Pain and cramping in the abdomen
- Trouble eating
- Weight loss
- Feeling tired

Your Care

Your doctor will check you and ask you questions about your signs. You may also have:

- Blood or stool tests
- Colonoscopy - your doctor looks inside the rectum and colon through a flexible tube
- X-rays with barium

Although there is not a cure for Crohn's disease, treatment to manage signs may include:



- Taking medicines to reduce swelling, decrease pain and cramping, and prevent infection.
- Avoiding any foods that make your signs worse. Keep a record to learn what bothers you. High fiber foods such as fresh vegetables and whole grains and high fat foods such as dairy products and red meat cause signs in many people.
- Having surgery to correct problems in the bowel.

Other things that you can do that are helpful:

- Stay active.
- Do not smoke.
- Learn how to relax and reduce stress.
- See your doctor for follow-up as directed. Keep your appointments.

Talk to your doctor or nurse if you have any questions or concerns.