

Inflammatory Bowel Disease (IBD)

What is Inflammatory Bowel Disease?

Inflammatory Bowel Disease (IBD) involves inflammation of the lining of the small and large intestines. There are two main types:

1. **Ulcerative Colitis**
2. **Crohn's Disease**

Types of Inflammatory Bowel Disease

- **Ulcerative Colitis:** This type affects only the large intestine (colon), including the ascending, transverse, and descending colon. The rest of the intestine remains unaffected.
- **Crohn's Disease:** This type can affect any part of the gastrointestinal tract, from the mouth to the anus, causing ulcers and inflammation.

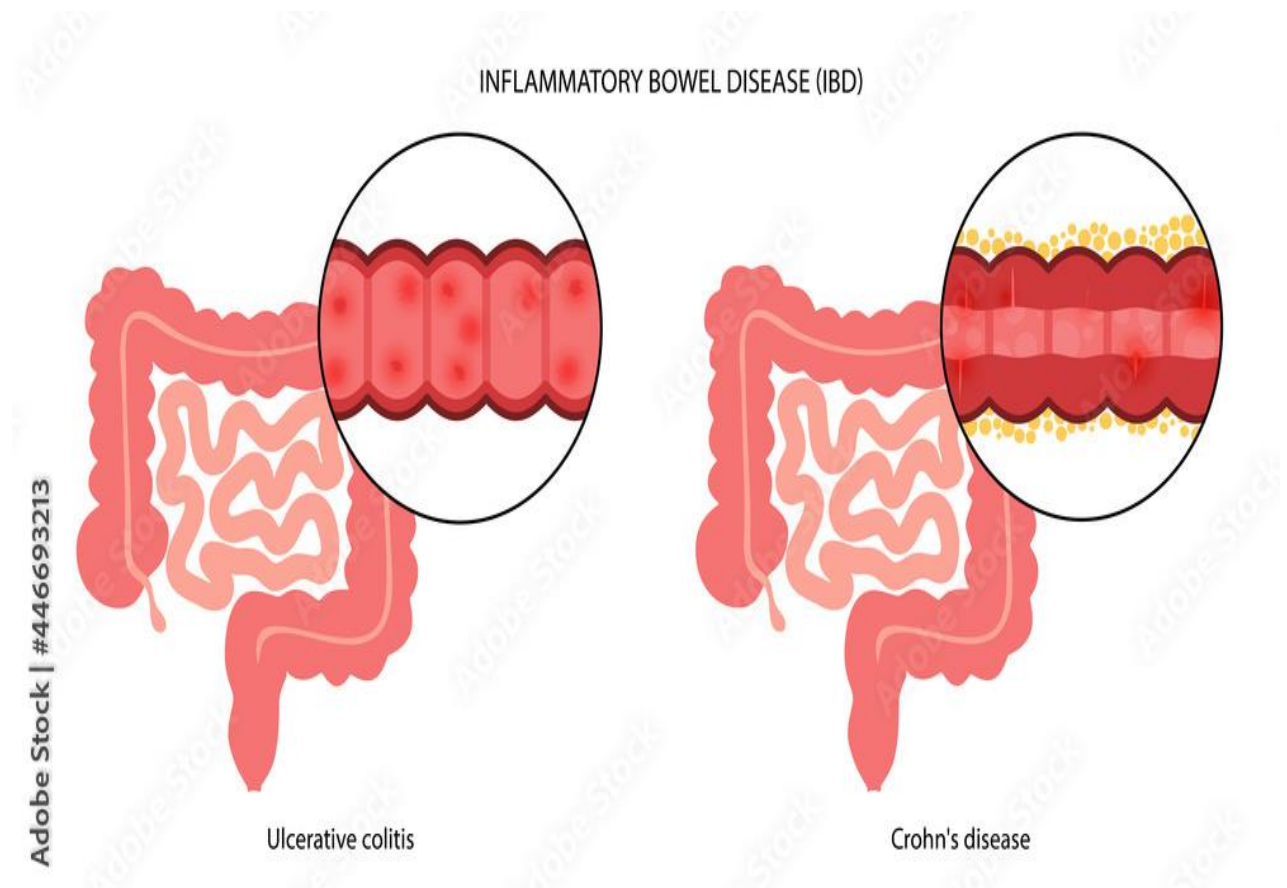


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Causes

- Autoimmune response
- Infections

Symptoms

- Abdominal pain
- Abdominal distension
- Bloating
- Blood in the stool
- Constipation or loose stools
- Decreased appetite
- Weight loss

Investigations

To diagnose IBD, the following tests may be conducted:

- Blood tests
- Colonoscopy
- Gastroscopy
- Stool tests
- X-ray of the abdomen (sometimes)

Complications

If not properly managed, IBD can lead to:

- Blood loss
- Bowel obstruction
- Increased risk of bowel cancer
- Malabsorption of nutrients
- Perforation (puncture) of the bowel
- Toxic megacolon

Severity of Ulcerative Colitis

The severity of Ulcerative Colitis can be determined by the frequency of stools:

- **Mild:** Less than 4 stools per day
- **Moderate:** 4-5 stools per day
- **Severe:** More than 6 stools per day

Treatment

Treatment plans for IBD include:

- **Supportive Care:** Regular follow-ups with a gastroenterologist. Follow-up frequency depends on the severity of the disease:
 - High severity: Annually
 - Intermediate severity: Every 3 years
 - Low severity: Every 5 years

- **Medications:**
 - Medication for inflammation
 - Steroids
 - Immunotherapy
- **Surgery:** In severe cases or when complications arise

Note: Regular monitoring and management by a healthcare professional are crucial for managing IBD effectively.