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**Note:**

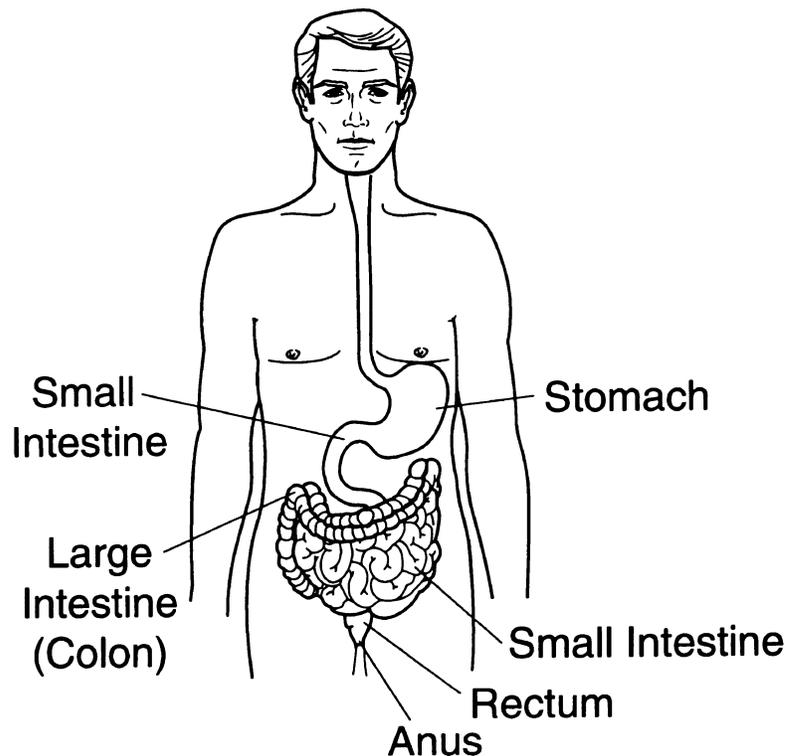
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# Crohn's Disease

## What is Crohn's Disease?

Crohn's disease is a bowel disease. It is an inflammation of the deep layers of the intestine, usually the lower part of the small intestine (ileum). Crohn's disease also can cause inflammation in other parts of the small intestine, the large intestine, mouth, esophagus, stomach, appendix, or anus. It is a chronic condition that may go into remission for periods of time and may recur at different times. There is no way to predict when this may happen.



**Learn more about your health care.**

## **What causes Crohn's Disease?**

There is no proven cause of Crohn's disease. Many people with Crohn's disease have family members with a history of bowel disease. Some people with Crohn's disease have immune system problems. The immune system is the part of the body that fights infection. It is not clear if the immune system problems are a cause or a result of Crohn's disease. Both men and women may be affected by Crohn's disease.

## **What are the symptoms of Crohn's Disease?**

The following are symptoms:

- Abdominal pain, often in the lower right area
- Diarrhea
- Rectal Bleeding
- Weight loss
- Fever

## **How is Crohn's Disease diagnosed?**

Your doctor will take a medical history, do a physical examination, and order laboratory tests. A stool sample will be needed. Your doctor may look inside the rectum and colon through a flexible tube (colonoscopy). A sample of colon tissue may be taken for a biopsy during the colonoscopy. X-rays of the digestive tract (upper gastrointestinal series, small intestinal study, and / or barium enema) may be done.

## **What is the treatment for Crohn's Disease?**

- **Diet**

There is no special diet for treating Crohn's disease. Milk, alcohol, spicy foods, and high fiber foods cause problems in some people. Follow a nutritious diet and avoid foods that make your symptoms worse.

- **Medicines**

Medicines are helpful in controlling the disease. You may be on medicine to ease abdominal cramping or diarrhea. Some people need medicine to control the inflammation. Talk to your doctor, nurse or pharmacist.

- **Surgery**

Surgery may be done to relieve symptoms, but will not cure Crohn's disease.

If you have Crohn's disease you need to see your doctor regularly to check your condition.

For more information about Crohn's Disease, visit the Crohn's and Colitis Foundation web site at [www.ccfa.org](http://www.ccfa.org) or call 1-800-932-2423.

- **Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: [health-info@osu.edu](mailto:health-info@osu.edu).**