



## Inflammatory Bowel Disease (IBD)

- Is an autoimmune disease where your body attacks your gastrointestinal tract. There are two types of IBD
- Ulcerative Colitis which involves only the colon
- Crohn's Disease which can involve any area from your mouth to your anus but mostly involves the last part of the small intestine called the ileum

## Presentation

- Diarrhea, Urgent Bowel Movements, Rectal Bleeding, Mucus in the stool, Abdominal Pain, Fatigue, Mouth Ulcers, Arthritis, Eye Irritation, Rash

## Complication

- Colon Cancer
- Liver Irritation called Primary Sclerosing Cholangitis
- Skin Cancer
- Cervical Cancer
- Osteoporosis

## Treatment

- Medications: Mesalamine, Steroids, Biologic Agents, Immunosuppressants
- Supplements: L Glutamine, Fish Oil, Turmeric, CBD, Probiotics, Calcium and Vit D, Vitamin
- Eat Fiber, Stay Lean, Stop Smoking, Minimal Alcohol Use
- Flu Vaccine and updated Pneumonia Vaccine