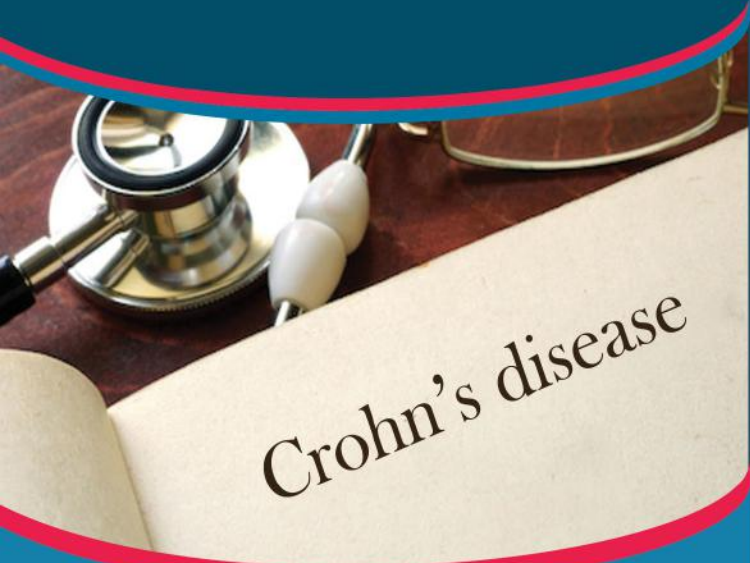




# Crohn's disease



## ► Diet Therapy in Crohn's disease:

Doctors may recommend a special diet given via a feeding tube (enteral nutrition) or nutrients injected into a vein (parenteral nutrition) to treat Crohn's disease. This can improve overall nutrition and allow the bowel to rest. Bowel rest can reduce inflammation in the short term.

## ► The individual diet should be based on:

Symptoms, Whether the person is in remission or experiencing a flare, Location of disease, Presence of narrowing of the small intestine, Any prior surgeries, Whether there are any specific nutritional deficiencies.

Certain foods and beverages can aggravate symptoms therefore patients can try to eliminate them:

Limit dairy products if you are lactose intolerant, Eat low-fat foods because fat makes diarrhea worse,

Limit fiber because fiber can make symptoms worse, Try to drink plenty of water, Eat small meals, Go on a low residue diet if you have a stricture, Quitting smoking.

Elimination diets are used to determine which foods must be avoided or minimized. When eliminating foods, it is important to substitute other foods, that provide the same nutrients.



## Patients may have more problems with some foods such as:

cabbage family, nuts, seeds, corn and popcorn, alcohol, Spicy foods, Caffeine, Fried foods, High-sugar foods

► **Fiber:** in most patients, consuming fiber can cause abdominal cramping, bloating, and worsening diarrhea. But not all sources of fiber cause these problems. Consuming insoluble fiber can aggravate symptoms.

► **Lactose:** Some people with Crohn's disease may be lactose intolerant. Dairy products that contain yogurt and kefir may be more easily tolerated as well. Hard cheeses are generally well tolerated because of their minimal lactose content.

## ► High-fat foods:

High-fat foods, such as butter, margarine, and cream, may cause diarrhea and gas if fat absorption is incomplete



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## ➤ Crohn's disease definition:

Crohn's disease is an idiopathic, chronic inflammatory bowel disease of unknown cause that commonly affects the terminal ileum but has the potential to affect any part of the gastrointestinal tract. The disease can occur at any age but it is most often diagnosed in adolescents.

## ➤ Crohn's disease symptoms:

Crohn's disease symptoms depend on the location of the disease and will vary from person to person. The most common symptoms include:  
Diarrhea, Mouth ulcers, Fatigue, Altered appetite and weight loss, Abdominal pain, Rectal bleeding and anal fissures



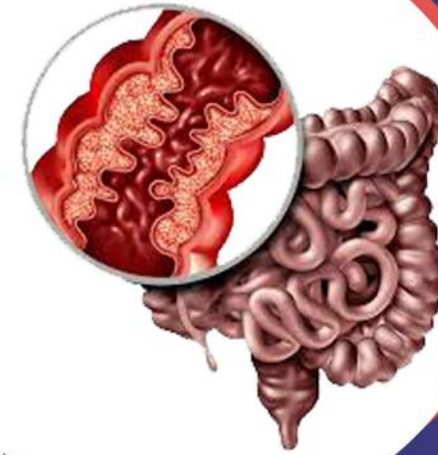
Crohn's disease

## ➤ Crohn's disease risk factors:

Certain risk factors may put at higher risk of developing Crohn's disease, which includes:  
Age, Ethnicity, Family Medical History, Smoking, Use of NSAIDs

## ➤ Crohn's disease Treatment:

Treatment depends on the severity of the



disease, complications, and the **patient's response that may include:** Medications:

3 Anti-inflammation drugs, antibiotics,

Anti-diarrheal and fluid replacement, Surgery: Colectomy, Proctocolectomy, Bowel Resection, Strictureplasty, Ostomy, Nutritional supplements

## ➤ Causes of Crohn's disease:

The exact cause of Crohn's disease is unknown but some factors may increase the risk of disease: Environmental factors such as Viruses, bacteria, diet, and smoking, The individual's immune system, Genetic factors