



Inflammatory Bowel Disease

WORLD DIGESTIVE HEALTH DAY MAY 29, 2017

Inflammatory Bowel Disease (IBD): Navigating Evolving Therapies In An Evolving Disease

10 Tips for People Living With IBD

1. Learn about IBD and its signs and symptoms. If you don't understand issues about your disease, make a list and be sure to ask your health care providers the next time you see them.
2. Remember that everyone with IBD is different. There is no "typical case."
3. If you are stressed, anxious, or depressed it may affect your IBD symptoms and if you need help managing your stress or mental health ask for it.
4. If you need accommodations at work because of your disease, be sure to ask for them.
5. Don't do more than you can physically manage but don't do less than your potential just because you have IBD.
6. Ask your health care providers what your medications are for, what side effects there might be and how long you should expect to use them.
7. Once you have decided on a treatment make sure you follow through; if medications have been prescribed, take them regularly as prescribed.
8. Some medications need to be continued even when you are well; their purpose is to keep you well.
9. Do not smoke, especially if your diagnosis is Crohn's disease – smoking is known to worsen Crohn's disease.
10. If you have ulcerative colitis you may need regular colonoscopies to screen for cancer – ask your health care providers if this applies to you.

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