

# Crohn's Disease



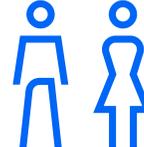
Crohn's disease is a chronic, systemic disease that manifests as inflammation within the gastrointestinal (GI or digestive) tract, most commonly in the area between the small intestine (ileum) and the colon.<sup>1,2</sup> It is a progressive disease, meaning it gets worse over time.<sup>1,2</sup> Crohn's disease belongs to a larger group of diseases called inflammatory bowel disease (IBD).<sup>1,2</sup>



Approximately **780,000 people in the U.S.** are affected by Crohn's disease.<sup>1</sup>



Crohn's disease is usually diagnosed between the ages of **15-35**.<sup>1</sup>



Men and women have an **equal chance** of developing Crohn's disease.<sup>3</sup>



Between **5% and 22%** of people with Crohn's disease have a first-degree relative (parent, child, or sibling) with IBD.<sup>4</sup>

## Signs and Symptoms

The symptoms of Crohn's disease differ depending on what part of the GI tract is impacted and the level of disease activity.<sup>2</sup> Symptoms range from mild to severe and may include:<sup>1,2</sup>

Symptoms can come and go without warning. Many people go through periods when they experience few or no symptoms, and periods of flare-ups when symptoms are more frequent and/or intense.<sup>1,2</sup>

- Persistent diarrhea
- Abdominal pain
- Rectal bleeding
- Mouth sores
- Loss of appetite
- Weight loss
- Fatigue



## Treatment Goals

Updated guidelines from the Selecting Therapeutic Targets in Inflammatory Bowel Disease (STRIDE-II) initiative include treatment goals such as clinical remission (experiencing few or no symptoms) and endoscopic improvement or visible improvement of the intestinal lining as seen during endoscopy.<sup>5</sup>

**1.** The Facts about Inflammatory Bowel Diseases. Crohn's and Colitis Foundation of America. 2014. Available at: <https://www.crohnscolitisfoundation.org/sites/default/files/2019-02/Updated%20IBD%20Factbook.pdf>. Accessed January 19, 2022. **2.** Crohn's disease. Symptoms and Causes. Mayo Clinic. 2021. Available at: <https://www.mayoclinic.org/diseases-conditions/crohns-disease/symptoms-causes/syc-20353304>. Accessed January 19, 2022. **3.** What is IBD? Crohn's Disease. UCLA Center for Inflammatory Bowel Disease. 2021. Available at: <https://www.uclahealth.org/gastro/ibd/crohns-disease>. Accessed January 19, 2022. **4.** Russell RK, Satsangi J. Does IBD Run in Families? Inflamm Bowel Dis. 2008;14(S2):S20-S21. **5.** Turner D, et al. STRIDE-II: An Update on the Selecting Therapeutic Targets in Inflammatory Bowel Disease (STRIDE) Initiative of the International Organization for the Study of IBD (IOIBD): Determining Therapeutic Goals for Treat-to-Target Strategies in IBD. Gastroenterology 2021;160:1570-1583.