

# **Crohn's Disease**

## **Definition:**

A chronic inflammatory bowel disease affecting any part of the digestive tract.

## **Symptoms:**

- Severe diarrhea
- Abdominal cramps
- Fatigue and weight loss

## **Risk Factors:**

- Smoking
- Weak immune system

## **Home Remedies:**

- Turmeric (anti-inflammatory properties)
- Avoiding dairy products

## **Medical Remedies:**

- Biologics and corticosteroids
- Surgery in severe cases

## **Prevention:**

- Managing stress levels
- Eating smaller, frequent meals

## **Consult a Doctor if:**

- Symptoms severely impact daily life

## **Fun Facts:**

- Crohn's disease has no cure but is manageable.