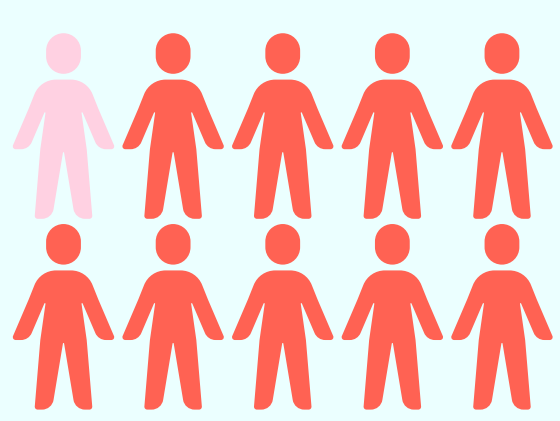
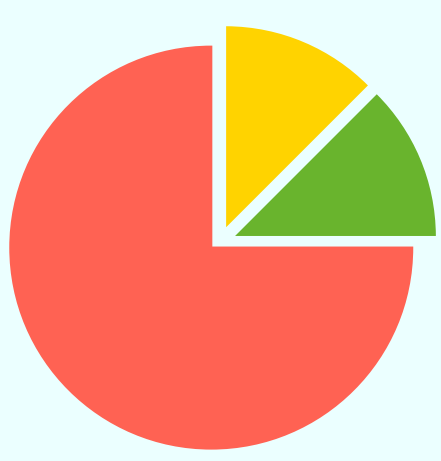


A quick tour through IBD- (Inflammatory Bowel Disease)



0.7% Americans have IBD- it's less diagnosed in African American, Asian and Hispanic communities

it is estimated over 2.39 million Americans are diagnosed with IBD as of 2020

The two main IBD diagnoses are divided into Chron disease and ulcerative colitis

Symptoms

- Abdominal pain in stomach area
- Diarrhea - sometimes has blood
- fever
- anemia
- weight loss
- rectal bleeding



Tips, Tricks, and Treatment plans

Tips: For your diet have a low residue diet with lots of fibers (fruits, vegetables, whole gains and lean proteins)

- Keeping hydrated and making sure to stay away from foods that irritate your stomach

Ticks: Meal planning to have smaller more frequent meals for better digestion

- Exercise regularly and keep a symptom journal to track your overall health ,stress, and food triggers



Treatment plans: Visiting a registered dietitian for a personalized nutrition plan , and counseling and therapy for emotional support

- Medications are also given like 5ASA's for mild symptoms for serious IBD surgery can be required and or immunosuppressants



The Impact of Crohn's and Colitis foundation

Crohn's and Colitis Awareness Week was created in 2011 by the U.S. it takes it place annually December 1st thru December 7th

- Through this foundation many donations are made for more research to be done and so more people can get treatment

Not only are other voices heard during this awareness week but it is broadcasted from many local news groups all of which are hoping to find a cure for IBD

