

# CROHN'S DISEASE: The Basics

It is a chronic inflammatory condition of the gastrointestinal (GI) tract that belongs to a group of conditions called **inflammatory bowel disease**.

## POSSIBLE SYMPTOMS

Fever  
Fatigue  
Constipation  
Diarrhea  
Abdominal Cramps  
Rectal Bleeding  
Weight Loss  
Skin Rash

## Foods & Factors that may trigger flare ups:

Smoking  
Psychological Stress  
Over the counter medications (aspirin, NSAIDs...)

Tests to diagnose Crohn's Disease include **biopsy** taken during colonoscopy & endoscopy, X-ray, MRI, CT Scan, and **blood work**

## Some common treatments:

Corticosteroids  
Immunomodulators  
Biologic medications  
Antibiotics  
Surgery