

Inflammatory Bowel Disease

Patients' Health at School



Children'sSM
Healthcare of Atlanta
Dedicated to All Better

What is IBD?

Crohn's Disease

- Can affect any part of the GI tract—from the lips to the anus
- Extra-intestinal manifestations

Ulcerative Colitis

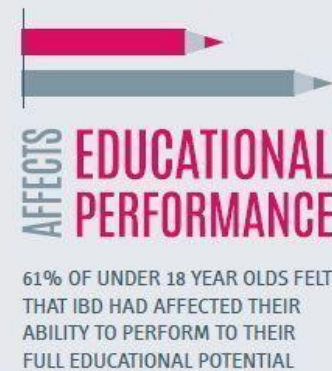
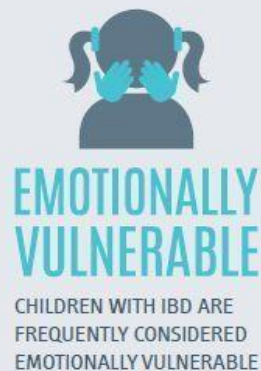
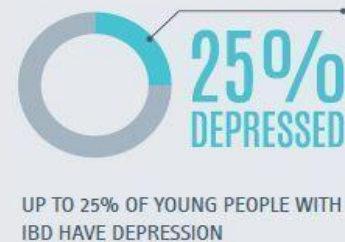
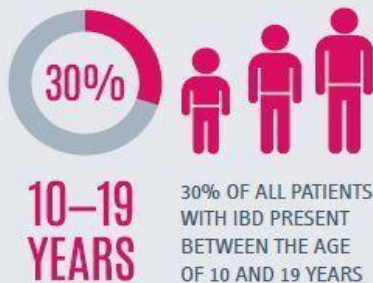
- Affects large colon and/or rectum
- Extra-intestinal manifestations

Indeterminate Colitis
10%--15%



Impact of IBD

THE IMPACT OF IBD ON YOUNG PEOPLE



Symptoms of IBD

Symptoms of IBD

Diarrhea

Abdominal
Pain/Cramps

Fecal
Urgency

Intestinal
Bleeding

Fever

Weight Loss



Symptoms of IBD—Beyond the Intestines

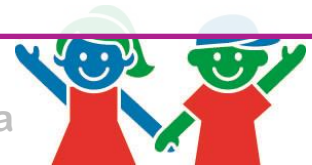
Eyes: redness, pain, itching

Mouth: sores/ulcers

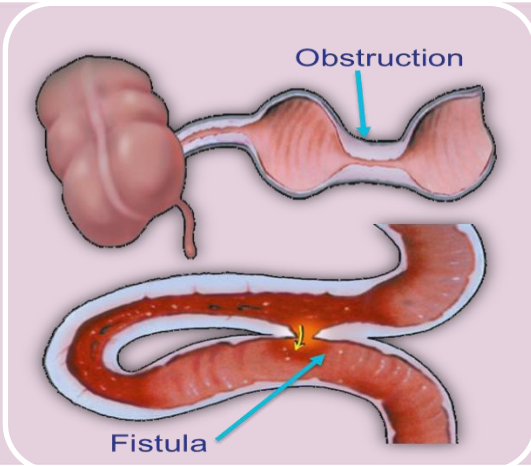
Joints: swelling, pain

Skin: red bumps, ulcerations, skin tags

Bones: osteoporosis

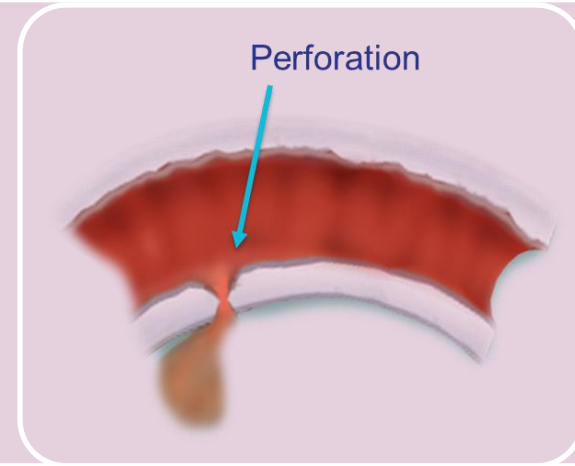


Complications of IBD



Crohn's Disease

- Intestinal Obstruction
- Abscess
- Fistula
- Stricture
- Colorectal Cancer



Ulcerative Colitis

- Anemia from Blood Loss
- Perforation of Bowel
- Colorectal Cancer
- Toxic Megacolon



Treatments for IBD

Prescription Medications

Class	Agents	Side Effects
Aminosalicylates	<ul style="list-style-type: none"> • Balsalazide (Colazal[®], GIAZO[®]) • Mesalamine formulations <ul style="list-style-type: none"> – Lialda[®] – Asacol HD[®] – Delzicol[®] – Pentasa[®] • Olsalazine (Dipentum[®]); Sulfasalazine (Azulfidine[®]) 	<ul style="list-style-type: none"> • Stomach pain/cramping/nausea • Diarrhea • Dizziness • Headache
Corticosteroids	<ul style="list-style-type: none"> • Budesonide (Entocort[®], UCERIS[®]) • Methylprednisolone (Medrol[®]) • Prednisone • Prednisolone 	<ul style="list-style-type: none"> • Stomach pain/cramping/nausea • Bloody or black tarry stools • Rapid weight gain • Blurred vision or eye pain • Muscle pain/cramps • Nervousness or restlessness
Antibiotics	<ul style="list-style-type: none"> • Ciprofloxacin (Cipro[®], Proquin[®]) • Metronidazole (Flagyl[®]) • Rifaximin (Xifaxan[®]) 	<ul style="list-style-type: none"> • Numbness, tingling • Muscle pain/weakness • Tendon Rupture (Cipro)

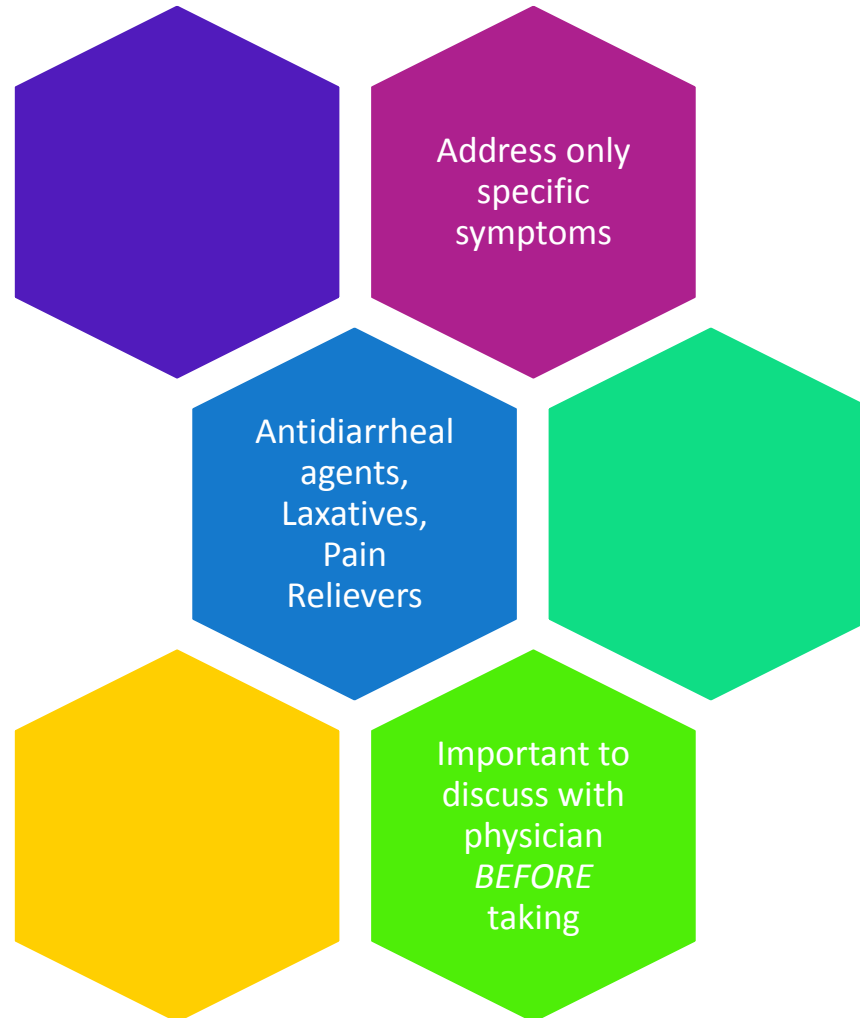


Prescription Medications

Class	Agents	Side Effects
Immunomodulators	<ul style="list-style-type: none"> • Azathioprine (Imuran[®], Azasan[®]) • Cyclosporine (Neoral[®]) • 6-Mercaptopurine (Purinethol[®]) • Methotrexate • Tacrolimus (Prograf[®]) 	<ul style="list-style-type: none"> •Nausea, vomiting, loss of appetite •Diarrhea •Itching or rash
Biologic Therapies	<p>Anti-TNF antibodies</p> <ul style="list-style-type: none"> •Adalimumab (Humira[®]) • Certolizumab pegol (Cimzia[®]) • Infliximab (Remicade[®]) • Golimumab (Simponi[®]) <p>Integrin Antagonist Receptors</p> <ul style="list-style-type: none"> • Natalizumab (Tysabri[®]) • Vedolizumab (Entyvio[™]) 	<ul style="list-style-type: none"> •Redness, swelling, itching, pain, rash, bruising at site of injection •Upper respiratory or sinus infections •Headache •Nausea



Over the Counter Medications



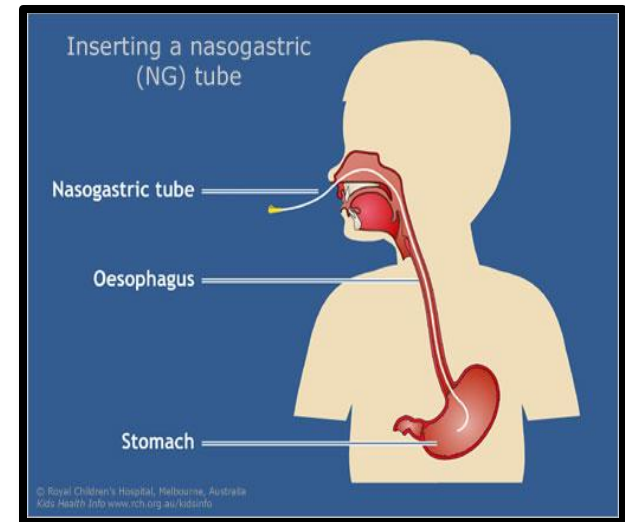
Nutrition

Specific Carbohydrate Diet (SCD)

- A nutritionally balanced diet focused on removing grains, most dairy and sugars (except honey)
- Focuses on natural nutrient rich foods including vegetables, fruits, meats and nuts.

Enteral Nutrition

- Provides nutrition in the form of a liquid supplement
- Administrated through nasogastric or gastrostomy tube
- Helpful when appetite is poor, or weight gain/growth is a concern
- Tube feedings can be given at night
- Oral supplements (Ensure) can be useful but do not require tube feedings



Complementary and Alternative Therapy (CAM)

What is CAM?

- Practices and products not presently part of conventional medicine

Examples

- Natural Products
 - Supplements
 - Probiotics
 - Essential Oils
- Mind & Body
 - Meditation
 - Acupuncture
 - Yoga
 - Massage

Notes

- Lack strong scientific evidence for treating IBD
- Not FDA-regulated
- Should complement, not replace, traditional therapies



Surgery

Crohn's Disease

- Strictureplasty
- Gastrojejunostomy (upper GI)
- Short bowel resection
- Partial colectomy
- Proctocolectomy with end ileostomy
- Perianal surgery
- Intestinal transplantation

Ulcerative Colitis

- Proctocolectomy (removal of the colon and rectum)
 - With end ileostomy
 - Restorative (ileoanal anastomosis or J pouch)



Special Considerations

Ability to swallow capsules or tablets

Some medications may need to be taken at school

Side effects of drug therapy

Adherence

Growth failure and need for nutritional supplementation

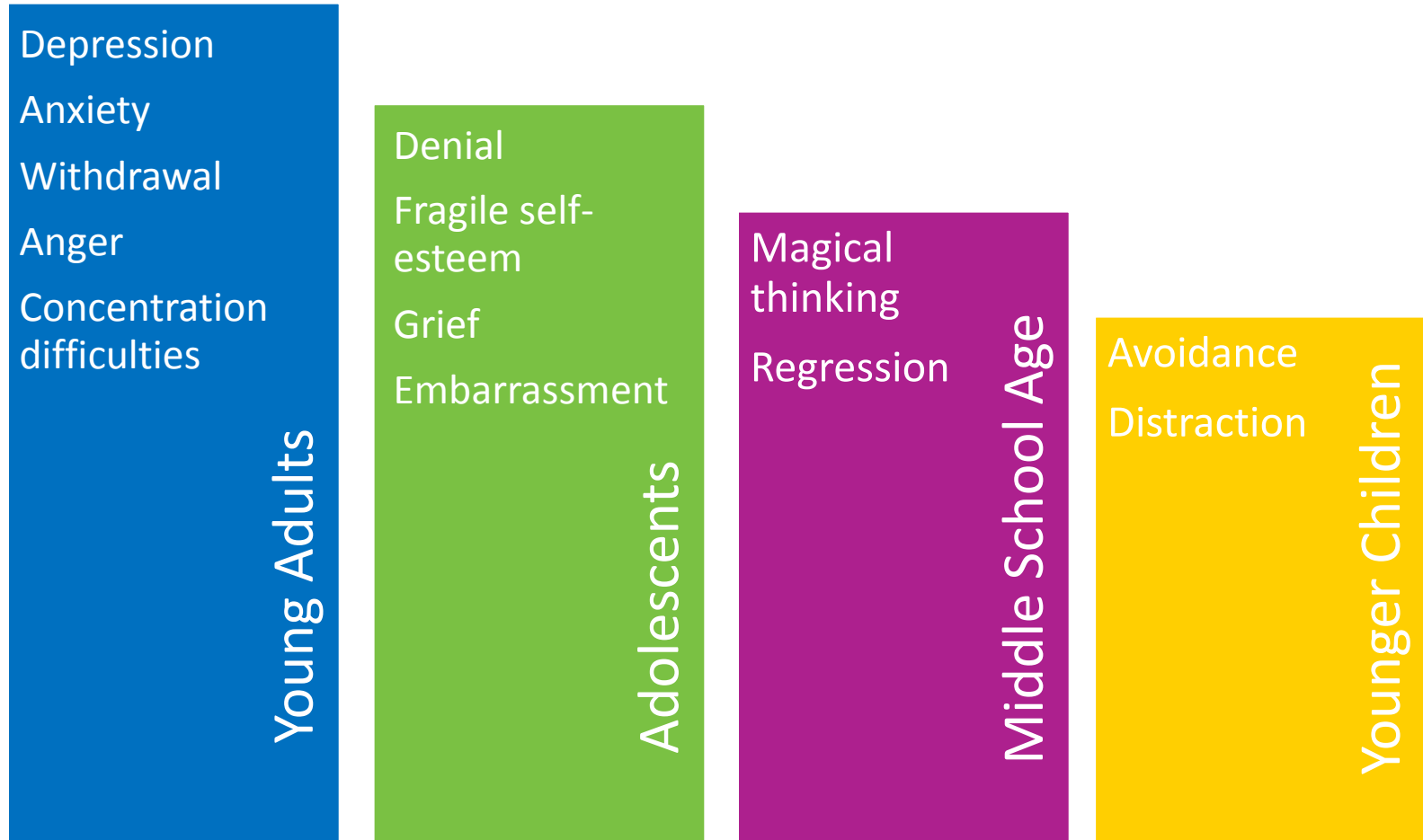
Emotional well-being

Frequent absences or hospitalizations

Easy access to bathrooms



Psychosocial Aspects of IBD



Living Well With IBD



Resource Used

- www.ccfa.org

