

Inflammatory Bowel Disease

What is Inflammatory Bowel Disease (IBD)?

- IBD is a chronic inflammatory condition of the gut
- The two main subtypes are Crohn's and Ulcerative Colitis

Do we understand what causes IBD?

- In short, no. A lot of research continues to go in to better understand the condition but it is an interaction of more than one thing
- It does seem that some of contributors include genetics, the immune system, some imbalance in the microbiome, and the environment seems to be key players in the development of IBD.
- Infections / antibiotic exposures has been described as risk factors, but there is more to the story.
- We do know that the condition is increasing in frequency in Canada, both new cases and the number of people living with the IBD.

What are some of the symptoms that can present with IBD?

- While the symptoms vary, common symptoms include, diarrhea, blood in the stool, abdominal pain, poor intake, weight loss, and poor growth.
- Non-GI symptoms can be part of it such as oral ulcers, joint swelling / stiffness, fevers, eye irritation.
- Symptoms along with changes to blood work and/or stool inflammation such increase in fecal calprotectin can further increase the chance of confirming a diagnosis.

How do you confirm the diagnosis of IBD?

- Beyond symptoms, blood work and stool studies, the patient should undergo formal diagnosis with endoscopy / colonoscopy and biopsies.
- Other tests can be complimentary such as bowel ultrasound, MRI but it is challenging to use them on their own.

Do I really need to be followed and on treatment long term?

- This condition unfortunately does not get better with time.
- While there is no cure, treatment helps improve symptoms, improve quality of life, decrease inflammation and decrease the likelihood of complications

Resources

PedsIBD.org

- Pediatric IBD Foundation – Information on IBD for teens, parents and physicians

GI Kids

- Information about Symptoms, Diagnosis, Treatment and Coping. Good pdf handouts on medications, vaccines and more

You and IBD

- Website with videos / animations which helps explain IBD

IBD video – Mike Evans

- YouTube video by Doc Mike Evans explaining IBD in < 7 mins with engaging animation.

<http://www.moviegi.com/>

- Click 'Inflammatory Bowel Disease' - Cartoon video geared at pediatric patients - Medical College of Wisconsin

Justlikemeibd.org

- Website for Teens with IBD; Crohn's and Colitis Foundation

Crohn's and Colitis Foundation Canada

- Understand about the condition but also regional groups including peer events

[Crohn's and Colitis Foundation Resources:](#)

- [A guide for teens with IBD - Downloadable 44 page brochure](#)
- [IBD & Me – Activity Book \(age 8 – 12 year old\)](#)

Professional Resources

CAG Guidelines Pediatric Luminal Crohn's Disease (2019)

- Canadian Association of Gastroenterology Clinical Practice Guideline for the Medical Management of Pediatric Luminal Crohn's Disease

EEN as 1st line therapy

- Enteral Nutrition as First Line Therapy in Treating Children and Adolescents with Crohn's Disease

Monitoring Disease Activity in Pediatric IBD Patients

- Monitoring Disease Activity in Pediatric IBD Patients NASPGHAN

Transition Document NASPGHAN

- Transitioning a patient with IBD from Pediatric to Adult Care

Management of Pediatric UC - ECCO / ESPGHAN 2018

- Part I

Management of Pediatric UC - ECCO / ESPGHAN 2018

- Part II