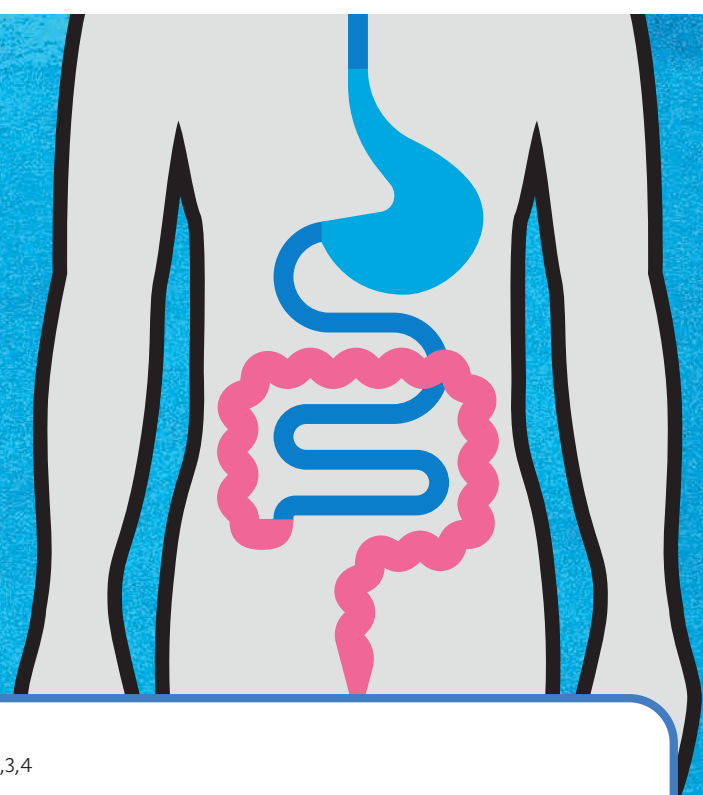


# ABOUT CROHN'S DISEASE

Crohn's disease and ulcerative colitis belong to a group of conditions known collectively as inflammatory bowel disease (IBD). Crohn's disease is a chronic inflammatory condition affecting the gastrointestinal (GI) tract, most often in the end of the small intestine (ileum) or the beginning of the large intestine (colon), but may involve any part from the mouth to the anus.<sup>1,2</sup> Crohn's disease is characterised by an abnormal response from the body's immune system to food, bacteria and other materials in the intestine that are mistaken for foreign substances.<sup>2</sup>



## WHAT ARE THE SYMPTOMS?

The symptoms of Crohn's disease may vary, depending on which part of the digestive system is inflamed. Many patients may experience episodes of disease activity, or flare-ups, followed by periods of remission (when symptoms are less severe).

Common symptoms include:<sup>1,2,3,4</sup>



**Recurring diarrhoea**



**Abdominal pain and cramping**



**Fatigue**



**Weight loss**



**Blood and mucus in stool**



**Intestinal blockage/sores/ulcers**

## LIVING WITH CROHN'S DISEASE

In Europe up to

**1 million**

people are living with Crohn's disease<sup>4</sup>

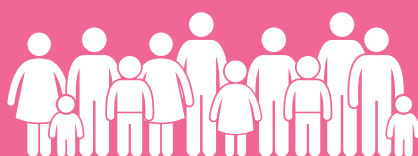
With around

**32,376**

new cases diagnosed each year<sup>4</sup>

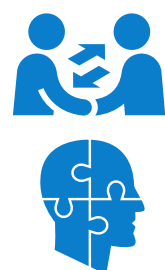


**Anyone can be affected** by Crohn's disease at any age...



...although it most often impacts those between the ages of

**15 to 30**  
in both men and women.<sup>4</sup>



Crohn's disease can affect people in many ways and has a big impact on both social and psychological factors including:<sup>5,6</sup>

- Locating toilets in public spaces
- Preparing for accidents
- Planning for longer periods of travel
- Depression and stress
- Restlessness
- Loss of appetite
- Anxiety
- Fatigue and insomnia

## WHAT CAUSES CROHN'S DISEASE?

The exact cause of Crohn's disease is not known but it is understood to involve a combination of factors.<sup>1</sup> Studies have shown that Crohn's disease is triggered by a genetic predisposition in some patients: about 15% of those affected have a close relative (parent, child or sibling) with an IBD.<sup>7</sup> Environmental factors also play a role in Crohn's disease; it is more common in developed countries and urban areas.<sup>1</sup>

Other factors include:<sup>1</sup>



**Abnormal reaction of the immune system**



**Smoking, diet and stress**



**Viruses and bacteria**



## HOW IS CROHN'S DISEASE DIAGNOSED?

Crohn's disease is diagnosed through a combination of lab tests and imaging studies. Initial lab tests highlight signs of infection, inflammation and internal bleeding. Ultrasound, CT and MRI scans, sigmoidoscopies, colonoscopies and capsule (or double-balloon) endoscopies are further used to identify the severity and location of disease along the GI tract.<sup>8,9,10</sup>

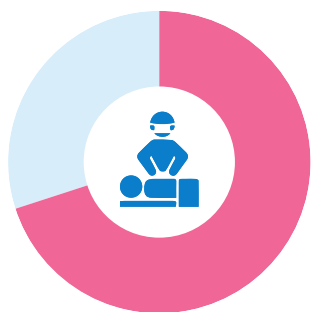


## MANAGING CROHN'S DISEASE

The goal of medical treatment is to reduce the inflammation that triggers signs and symptoms, and to limit complications, in order to improve long term prognosis. In the best cases, this may lead not only to short-term symptom relief but also to long-term remission.

The five major treatment classes for Crohn's disease are as follows:

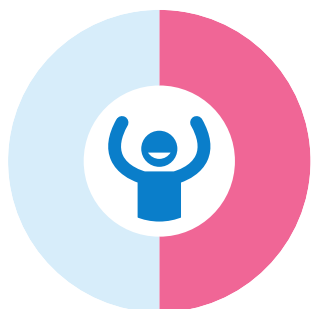
- Aminoslicylates (5-ASA)
- Corticosteroids
- Conventional immunomodulators (methotrexate, azathioprine, 6-mercaptopurine)
- Antibiotics
- Biologic therapies



Up to

**70%**

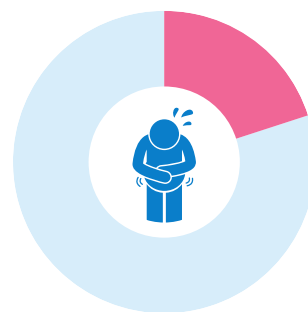
of patients will eventually require surgery, when medications and diet can no longer control symptoms or other complications arise.<sup>11</sup>



Periods of symptom remission are seen in approximately

**50%**

of patients with Crohn's disease.<sup>13,14</sup>



Approximately

**20%**

of patients undergoing surgery will experience a recurrence of their symptoms one year after surgery.<sup>12</sup>

## FURTHER INFORMATION

For further information about Crohn's disease please visit **EFCCA** (European Federation of Crohn's and Ulcerative Colitis Associations): <http://www.efcca.org>

Janssen is working in partnership with the European Federation of Crohn's and Ulcerative Colitis Association (EFCCA) to develop a series of animations that convey the reality of living with an IBD and the impact of the condition. The series is based on typical experiences of people with either Crohn's disease or ulcerative colitis.



Watch the animations here:  
<http://bit.ly/myibdjourney>



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