

Crohn's Disease



Crohn's disease (CD) is a chronic, systemic disease that manifests as inflammation within the gastrointestinal (or digestive) tract, most commonly in the area between the small intestine (ileum) and the colon.^{1,2} It is a progressive disease, meaning it gets worse over time.^{1,2} CD belongs to a larger group of diseases called inflammatory bowel disease (IBD).^{1,2}



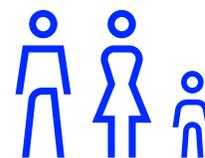
Over **2 million people worldwide** are living with the disease.³



CD is frequently diagnosed between the ages of **20-30** although can occur at any age.^{2,4}



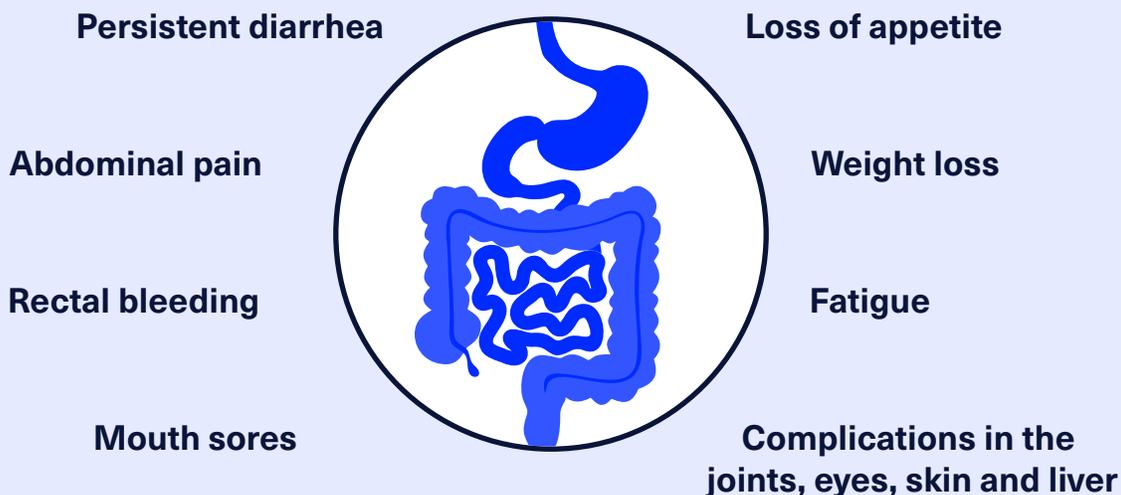
Men and women have an **equal chance** of developing CD.⁵



When both parents have IBD, children have a **~20 percent** chance of being diagnosed with CD.⁴

The Signs and Symptoms of Crohn's Disease

The symptoms of CD differ depending on what part of the GI tract impacted and level of disease activity.² Symptoms range from mild to severe and may include:^{1,2,6}



Symptoms can come and go without warning. Many people go through periods when they experience few or no symptoms, and periods of flare-ups when symptoms are more frequent and/or intense.^{1,2}

The Impact Goes Beyond Physical

Because the signs and symptoms of CD are unpredictable, it causes a significant burden on people living with the disease—not only physically but emotionally and economically as well.^{6,7} A survey of people with IBD in Europe, which included people living with CD, found:⁷



An estimated **71 percent** of respondents sometimes worry about when their next flare will be.⁷

Approximately **40 percent** of respondents had made adjustments to their working life, such as working from home or part-time.⁷



67 percent of respondents frequently considered the availability of toilets when planning to attend an event.⁷

Managing CD and Establishing Treatment Goals

Because CD symptoms can be unpredictable, it's important that patients assess them regularly and speak with their doctors to share how the disease is impacting their daily routines.

Despite advancements, significant unmet needs for people living with CD remain.⁸ Early diagnosis and early effective treatment are important.

There is no cure, but treatment goals are evolving beyond only symptom control to include clinical remission, endoscopic healing, restoration of quality of life and absence of disability.⁹ People experiencing symptoms should talk to their doctor about their treatment goals and find the best care possible for them.

1. The Facts about Inflammatory Bowel Diseases. Crohn's & Colitis Foundation of America. 2014. Available at: <https://www.crohnscolitisfoundation.org/sites/default/files/2019-02/Updated%20IBD%20Factbook.pdf>. Accessed on February 12, 2021. 2. Crohn's disease. Symptoms and Causes. Mayo Clinic. 2021. Available at: <https://www.mayoclinic.org/diseases-conditions/crohns-disease/symptoms-causes/syc-20353304>. Accessed on February 12, 2021. 3. Giegerich E., et al. Estimating the Global Diagnosed Prevalence of Crohn's Disease 2017-2027. International Society of Pharmacoeconomics and Outcomes Research (ISPOR), 23rd Annual International Meeting. 2018. Abstract PRM69. 4. About Crohn's Disease. National Human Genome Research Institute. 2011. Available at: <https://www.genome.gov/-Genetic-Disorders/Crohns-Disease>. Accessed on February 12, 2021. 5. What is IBD? Crohn's Disease. UCLA Center for Inflammatory Bowel Disease. 2021. Available at: <https://www.uclahealth.org/gastro/ibd/crohns-disease>. Accessed on February 12, 2021. 6. The Economic Costs of Crohn's Disease and Ulcerative Colitis. Access Economics Pty Limited. 2007. Available at: <https://www.crohnsandcolitis.com.au/site/wp-content/uploads/Deloitte-Access-Economics-Report.pdf>. Accessed on February 12, 2021. 7. Lönnfors S., et al. IBD and health-related quality of life – discovering the true impact. J Crohns Colitis. 2014 Oct;8(10):1281-6. doi: 10.1016/j.crohns.2014.03.005. Epub 2014 Mar 21. 8. Sandborn W.J., et al. Treating beyond symptoms with a view to improving patient outcomes in inflammatory bowel diseases. J Crohns Colitis. 2014 Sep;8(9):927-35. doi: 10.1016/j.crohns.2014.02.021. Epub 2014 Apr 6. 9. Turner D., et al. STRIDE-II: An Update on the Selecting Therapeutic Targets in Inflammatory Bowel Disease (STRIDE) Initiative of the International Organization for the Study of IBD (IOIBD): Determining Therapeutic Goals for Treat-to-Target strategies in IBD. Gastroenterology, S0016-5085(20)35572-4, doi:10.1053/j.gastro.2020.12.031. 19 Feb. 2021.