

Inflammatory bowel disease

Impacts beyond the gut and
the need for holistic care

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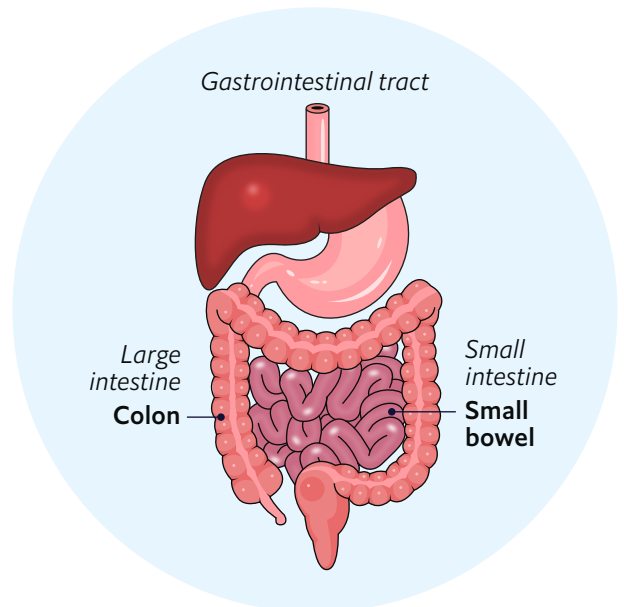
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What is IBD?

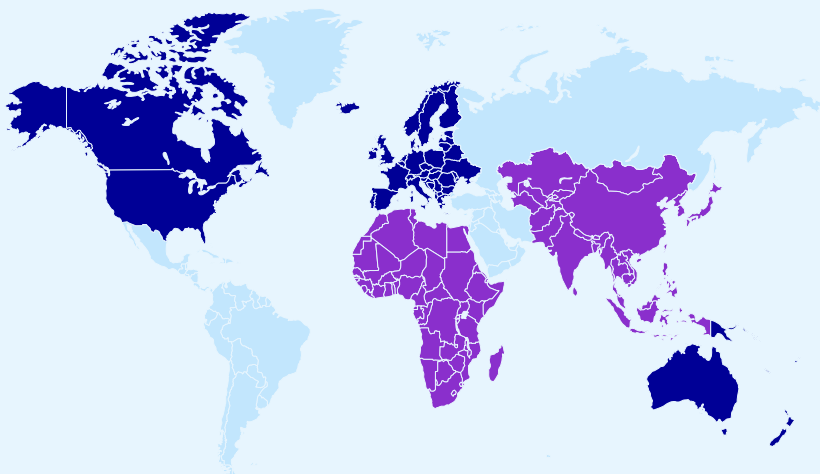
Inflammatory bowel diseases (IBD) are a group of chronic immune-mediated conditions causing inflammation of the **gastrointestinal tract**.

The most common IBDs are:

	Crohn's disease (CD)	Ulcerative colitis (UC)
Affects	Any part of the intestine	The colon
Symptoms	Abdominal pain Vomiting Debilitating diarrhoea	Abdominal pain Vomiting Debilitating diarrhoea Bloody stools



IBD can occur at any age, with disease onset most common between 20 – 40 years of age. A second peak of incidence occurs among older adults, typically between 60 and 70 years of age.¹



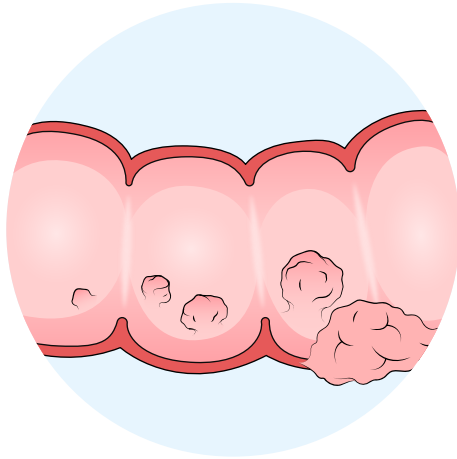
Burden

4.9 million people worldwide live with IBD.²

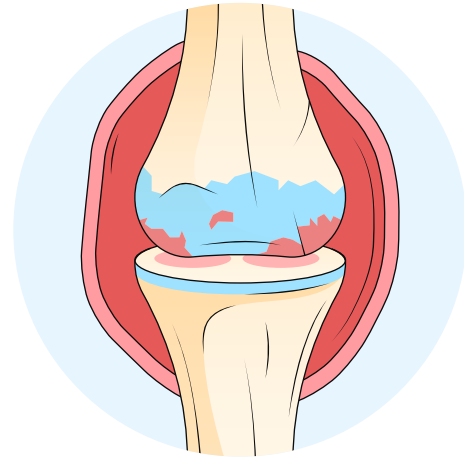
Currently, high-income countries in **North America, Europe, and Asia Pacific** have the **highest prevalence** of IBD.

Although the prevalence is lower across most of **Asia and Africa**, these regions have seen the **highest increase in age-adjusted prevalence** in recent decades.³

Physical health impact of IBD



Patients with UC and CD are at **higher risk for colorectal cancer** – the risk is cumulative over time. In patients with UC, the risk of colorectal cancer during the first 14 years after diagnosis is 2.4-fold higher than the general population.⁵



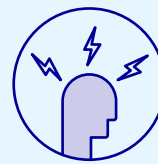
The impacts of IBD are **not limited to the colon and intestine**. The disease affects other parts of the body in up to 17% of patients with UC and 36% of patients with CD. **Arthritis is the most common complication of IBD**. Others include inflammatory manifestations of the eye, skin, liver, or lung. The risk of venous blood clots is increased 3-4-fold in patients with IBD.^{4,5}



Mental health impact of IBD

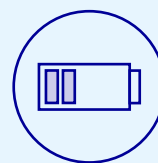
■ Active IBD ■ Inactive IBD

Anxiety among patients



The prevalence of anxiety among patients with IBD is almost twice that of the general population (19% versus 10%). Those with active disease have significantly higher rates of anxiety (66% vs 28%) and depression (35% vs 20%) compared to those with inactive disease.⁶

Fatigue among patients



Almost half of patients with IBD experience fatigue. This is **comparable to fatigue experienced by patient with cancer**, estimated at 49% and much higher than fatigue in the general population (5%).⁷

Quality of life

IBD impacts different aspects of life, including:

- Ability to work
- Family planning
- Household tasks
- Interpersonal relationships
- Leisure
- Parenting
- Sexual activities
- School performance
- Social life
- Travel



Multidisciplinary care teams are essential to provide the holistic care that patients need



Multidisciplinary care teams with IBD specialist nurses decrease^{8,9,10}

Emergency Room Visits



Health System Costs



Unscheduled Outpatient Visits



Hospitalisations



Wait Times



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