

# Crohn's Disease

## What is Crohn's Disease?

Crohn's disease is a chronic inflammatory bowel disease (IBD) affecting the digestive tract.<sup>1,2</sup> IBD results in the swelling or inflammation of the intestines, which may result in permanent damage, and impact everyday life during disease flares.<sup>1</sup>

It is estimated that approximately **12.6 million** people worldwide have IBD.<sup>3</sup>



## Symptoms

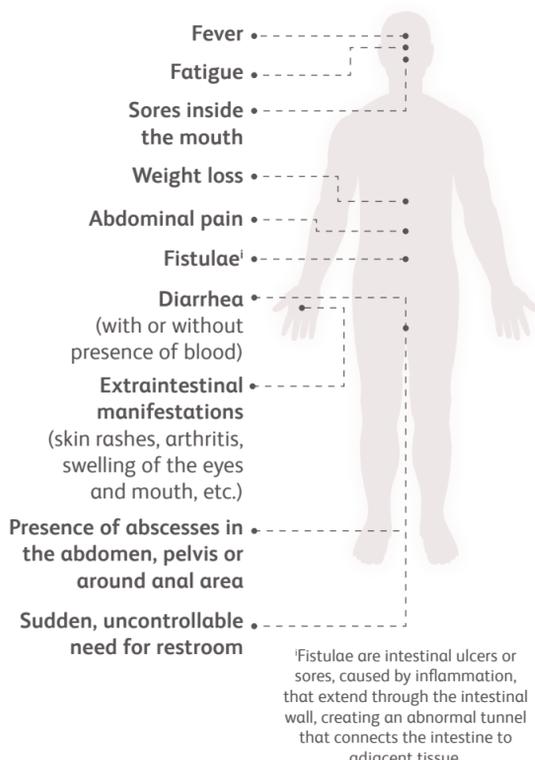
For many patients, Crohn's disease occurs in the colon or the third segment of the small intestine, the ileum, but may occur in any part of the intestinal tract.<sup>4</sup>

Signs and symptoms of Crohn's disease can range from mild to severe. Most often, symptoms appear gradually, but can sometimes develop suddenly or without warning.

Patients with Crohn's disease may experience ongoing disease symptoms, or have episodes of symptom-free remission, which can be followed by relapse or flares.<sup>4</sup>

Patients with Crohn's disease are also at an increased risk of developing colorectal cancer.<sup>3</sup>

When the disease is active, symptoms may include:<sup>1,5</sup>



## Effect on Quality of Life

Living with Crohn's disease may severely affect quality of life both physically and psychologically, particularly during disease flares and relapses.

### Physical hurdles may include:<sup>6</sup>



Pain, fatigue or discomfort from disease symptoms



Adverse effects of medication



Surgery, including placement of an ostomy bag or intestinal resectioning (removal)

### Socio-psychological hurdles may include:<sup>6</sup>



Stress, anxiety and/or depression related to the uncertain nature of disease, including flare timing, ability to locate restroom, etc.



Social isolation or perceived stigma surrounding bowel-related symptoms



Poor body image

Crohn's disease can also place a financial burden on patients and impact their ability to work.<sup>6,7</sup>

## Prevalence

Crohn's disease has been shown to affect North American and Western European countries more heavily than others.<sup>8</sup> However, Crohn's disease rates are on the rise among other countries and areas of the world.<sup>9</sup>

Studies have shown the prevalence of Crohn's disease has increased over time, **though researchers have been unable to identify a single cause** for this increase.<sup>10</sup>

While Crohn's disease can affect people of all ages, disease onset is **commonly between the ages of 15 to 35**, with men and women affected equally.<sup>7,11</sup> Patients may have a higher chance of developing Crohn's disease if they have a blood relative with an IBD or if they smoke cigarettes.<sup>9</sup>

## Diagnosis & Treatment

There is no single test to identify a patient who might have Crohn's disease.

Typically, physicians will conduct a number of tests, including:<sup>11</sup>

- Physical exam
- Blood test
- Computed tomography (CT) scan
- Intestinal endoscopy



There are treatment options available that can help manage flares and keep patients in remission, including:<sup>10,12</sup>

- Corticosteroids
- Elemental diets
- Immunomodulators
- Surgery
- Biologics



Bristol Myers Squibb is committed to identifying and pursuing new treatment options to help deliver transformational medicines for patients with Crohn's disease and other immune-mediated diseases.

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