

Inflammatory bowel disease (IBD) – why is IBD important?

- Increasing incidence, especially in Southern Europe
- Affects all ages, but especially young people
- Many people with IBD aged between 15-40 years
- Intermittent flare-ups
- Need for long-term medications
- Good outcomes depend on collaboration between health professionals and patients, availability of resources

The value of a support group

- Patients bond – share common dilemmas
- Allow expression & open discussion of negative issues (dilutes impact)
- Address concerns and fears of patients and carers
- Help patients take responsibility – lifestyle changes, compliance with medications, management decisions
- Patients become empowered – improves doctor/patient relationship

To give a voice to all

- Raise awareness
- Represent the patient to
 - - Government
 - - Health professions
 - - The public

Ulcerative colitis

- First described by Wilks and Moxon in 1875
- More common than Crohn's disease
- Significant mortality before introduction of steroids in early fifties
- Nowadays, 80% of patients well controlled on medicines
- Surgery curative
- Highest risk of surgery in first 2 years

Crohn's disease

- Named after Dr Burrill B Crohn in 1932
- May affect any part of the gastrointestinal tract
- More common in smokers
- Surgery often needed
- Effective therapies now available

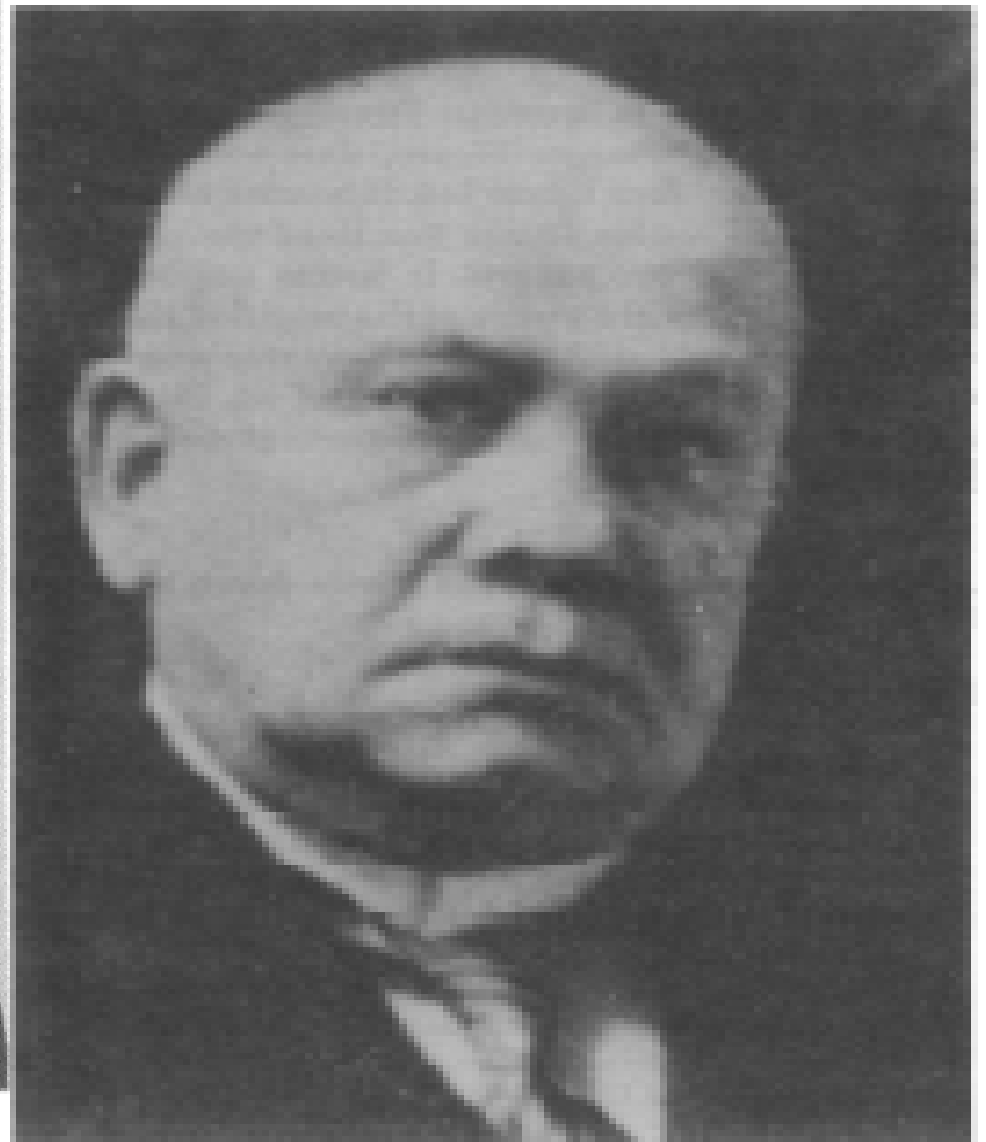
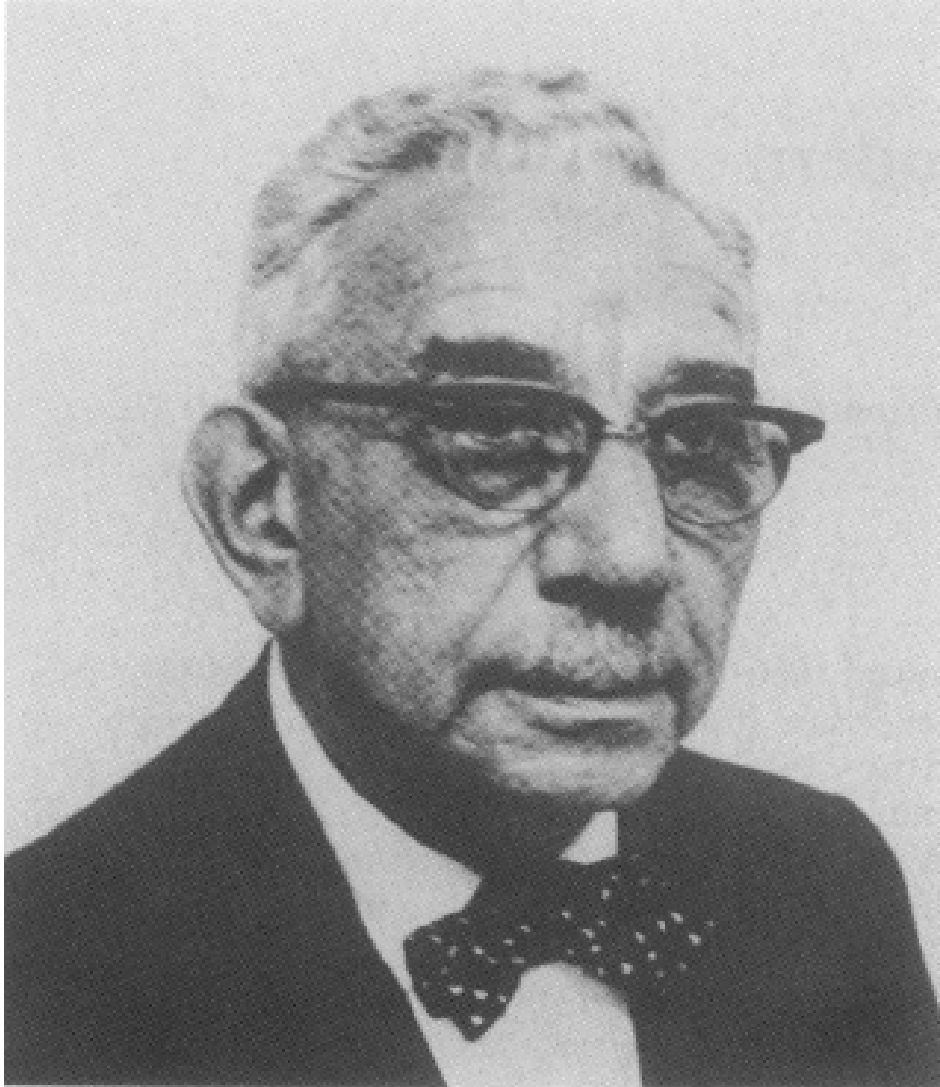


Figure 1 Burrill B. Crohn (reproduced from *Crohn's Disease* by James Kyle, courtesy of Butterworth-Heine-**Figure 1. Antoni Libmanowicz 1867-1960**

Inflammatory bowel disease – causes?

- Genetic factors – family history in around 20%
- Microbial flora in the gastrointestinal tract
- Immune system
- Stress
- Allergy

Inflammatory bowel disease - medicines

- Steroids
- Salicylates
- Immunosuppressive agents
- Biologic therapies



Thank you