

Crohn`s disease

What it is?

Crohn`s disease is a `condition that is caused by the inflammation of the lining of the digestive system`. (NHS.UK, 2014)

“The causes of Crohn`s disease is unknown”. However, there are certain factors that can be the reasons to why Crohn`s disease is affected. Some of these factors are:

Genetic – Sometimes people can get Crohn`s disease if they have a family history of that disease. This is because Crohn`s disease can be passed through genetically. There is evidence shown that genetics plays a role of developing crohn`s disease. Researchers have identified more than “200” different genes that are in common in people with Crohn`s disease than in general problem. Also, there is evidence of Crohn`s disease being run in families through genes.

For example, if you have an identical twin that has Crohn`s disease, then you are more likely to develop Crohn`s disease Researchers has given the percentage of 70% likely to happen.

Ethnic background is also a risk factor. Until very recently, the ethical group that is affect the most is mainly Jews This is because in western diet there is a low amount of consuming fruit and vegetables, there is huge amount of high process food in animal fat which clearly link with crohn`s disease.

Also there is high risk of developing in crohn`s disease in the Jews amongst other ethical backgrounds, this could be due to family history.

Research has shown that Crohn`s disease has a strong genetic link.

According to Dr, Theodore Stein clarifies that:

- There is 5 to 20 percentage of chance of children developing this disease from parents who have this crohn`s disease.
- The disease runs in families and those with a sibling with the disease are 30 times more likely to develop it than the normal population.

Dr Miles Parkes is gastroenterology consultant in Cambridge who says that:

- Crohn disease runs in families. About 3 in 20 people with condition have a close relative – this could be mother, father, sister or brother.
- Number of young people diagnosed has increased over the few years. Its most commonly starts between the ages of 13 and 30 year old.
- Mutations in a gene called NOD2 / CARD15 tend to occur frequently in people with crohn`s disease