

Crohn's disease

What is Crohn's disease?

Crohn's Disease is known to be a long-term disease that affects the lining of the wall in the digestive system.

Crohn's disease can affect any part of the digestive tract starting from the mouth to the anus, but often the small bowel-colon.

Crohn's can affect any part of the gut, but it mostly develops in the ileum (last part of the small intestine) or the colon.

The cause of Crohn's disease is unknown.

Factors that contribute in effecting the Crohn's disease:

Genetic: Crohn's disease can be passed through genetically. Sometimes people can get Crohn's disease if they have a family history of Crohn's disease. For example, if you have an identical twin that has Crohn's disease, then you are more likely to develop Crohn's disease. Scientist has given the percentage of 70% that this likely happening.

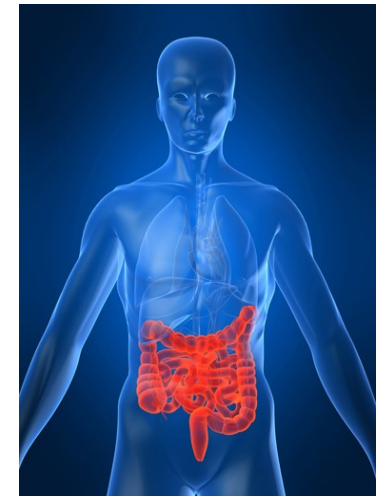
Familiar: Jewish ethnically group is high in risk of being affected. This could be due to family history of having this disease and also it could be the diet that might have affect in developing Crohn's disease.

Environment: If you live in an Urban Area or in an Industrialize country, you are more likely to develop Crohn's disease.

Socioeconomic factor - One theory to explain this condition is known as the hygiene hypothesis. It suggest that as children grow up increasingly germ-free environments their immune system dose not fully develop, because of lack of exposure to childhood infection.

Sign and symptoms of Crohn's disease:

- recurring diarrhoea
- abdominal pain and cramping, which is usually worse after eating
- extreme tiredness (fatigue)
- unintended weight loss
- blood and mucus in your faeces



Although there are many symptoms that an individual may experience when suffering from Crohn's disease, one of the most common symptoms is abdominal cramping and pain. This is because Crohn's disease causes inflammation on the lining of the digestive system, although inflammation can occur anywhere in the digestive system, it is more common in the small intestine (Ileum) and the large intestine (colon). Another symptom of Crohn's disease is not being able to put on weight, this may be due to the effects that this disease has on the intestines as it is the intestines that food passes through in order to store nutrients.

There is no cure for the Crohn's disease. However, there are few factors we as individuals can follow to reduce the risk of developing Crohn's disease further. These factors are:

- Eating a healthy diet
- Stop smoking
- Environment safe

