

INFLAMMATORY BOWEL DISEASE (IBD)



Centurion
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*Shaping Lives...
Empowering Communities...*

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INTRODUCTION:

Inflammatory bowel disease (IBD) is a group of disorders that cause chronic inflammation (pain and swelling) in the intestines. IBD includes Crohn's disease and ulcerative colitis. Both types affect the digestive system.

TYPE OF IBD:

1. **Ulcerative colitis:-** It is a disease condition in which, mucosal inflammation and sore or ulcer in the lining of large intestine(colon) occurs. It is very common in male.

2. **Chron's disease:-** It causes pain and swelling in the digestive tract and also can affect any part from the GIT. It commonly affects the small intestine and upper part of the large intestine. It is very common in female .

ETIOLOGY:

- Genetic
- Environmental pollution
- Measles virus
- Mycobacteria
- Unhealthy life style (fatty diet ,smoking, alcohol)

PATHOPHYSIOLOGY:

- It happens as a result of several etiological variables.
- Bacteria or viruses enters into the GIT and then goes to the tissue space.
- GIT contains a few dendritic cells, joined with D4- T cell.
- The surface of dendritic cells contains certain proteins and peptides.
- The peptide on the surface of the dendritic cells linked with the foreign antigen or virus or bacteria.
- Then immune system stimulated, leads to activation of the dendritic cell.

- Then immune system produces immune cells and inflammatory mediators that attack the GIT mucosal layer.
- It causes the GIT mucosal layer to become disturbed, resulting in sores, ulcers, or wounds and inflammation, which leads to Chron's disease \ Ulcerative colitis.

CLINICAL MANIFESTATION:

- Diarrhoea
- GIT discomfort
- Bleeding in stool
- Abdominal pain
- Weight loss
- Fatigue
- Anaemia
- Vomiting & Nausea
- fever

DIGNOSIS:

- Physical Examination
- Medical & Family History
- Endoscopy
- Biopsy
- Radiology
- Blood test :- CBC, ASCA Test (antisaccharomyces cerevisiae antibody) if present it shows IBD .

PHARMACOLOGICAL MANAGEMENT:

- ANTIBIOTICS-Ciprofloxacin, metronidazole.
- IMMUNO SUPRESANT: Methotrexate, Azathioprine.
- ANTI-INFLAMATORY: - Corticosteroids, Aminosalicylate.

NON- PHARMACOLOGICAL MANAGEMENT:

- Maintain a Healthy life style
- Take nutritional diet
- Avoid consumption of alcohol, smoking
- Avoid spicy food and fatty meal
- Avoid fasting