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What is Inflammatory Bowel Disease (IBD)?

What is IBD?

Inflammatory bowel disease (IBD) is an ongoing issue in the digestive tract that causes inflammation and swelling. This chronic condition affects millions of Americans every day.

Two diseases are involved in IBD: Crohn's Disease and Ulcerative Colitis.

Both conditions are characterized by persistent gastrointestinal (GI) tract inflammation, which can be debilitating and often contribute to complications that are life-threatening.

What Causes IBD?

Although the cause of IBD is unclear, it is evident that a major role is played by the immune system. In IBD, the immune system reacts inappropriately to environmental factors, causing our GI tract to become inflamed.

What are the Symptoms of IBD?

Symptoms linked to GI tract inflammation include but are not limited to:

- Diarrhea
- Rectal bleeding
- Abdominal cramps and pain
- Bowel movement urgency
- Constipation (can lead to bowel obstruction)
- The sensation of incomplete evacuation



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