

CROHN'S DISEASE

Crohn's disease is a non-specific granulomatous inflammation involving single or multiple areas of intestine. Most commonly it affects the terminal ileum or the ileocaecal region.

CAUSES

- 1) Genetic- family history of Crohn's disease or ulcerative colitis.
- 2) Smokers are more likely to develop the disease.
- 3) Mycobacterium Para tuberculosis is found in some cases.
- 4) High intake of refined sugar and less intake of fibre.

SIGN AND SYMPTOMS

- 1) Depends on the site of the disease.
 - a. Intestine:- abdominal pain, diarrhoea, obstruction symptoms, mass in the
- 2) right iliac fossa,
 - a. Rectal bleeding, perianal disease (in colon),
 - b. Proctitis (in rectum).
 - c. Extra intestinal: Aphthous ulceration.
 - d. Erythema nodosum.
 - e. Pyoderma granulorum
 - f. Eye complications like conjunctivitis etc.
 - g. Acute arthritis.
- 3) Complications like - strictures of intestine - obstructive symptoms.
- 4) Fistula may develop between loops of bowel adjacent to the bladder or vagina.
 - a. Haematuria and recurrent UTI indicate fistula into the bladder.
 - b. Flatus or feculent vaginal discharge signifies a vaginal fistula.
- 5) Perianal disease. Carcinoma may complicate long standing disease.

DIETARY MANAGEMENT

- 1) In acute phase of disease rest and take only liquids- water with salt and sugar, fruit juices- water melon, etc, start dioralyte in case of severe diarrhoea.
- 2) Later start with semi solid, light and bland diet - porridge, soups, fruit juices etc.
- 3) Add a pinch of turmeric to food, it has anti inflammatory properties and its action is seen more in the colon.
- 4) Try to consume more of antioxidants (vitamin A, E, C, Selenium etc.)- Most fruits and vegetables contain bioflavonoid, which is a good antioxidant.
- 5) Eat well balanced diet, will boost up your immunity.
- 6) Consume Almond Milk, Eggs, Oatmeal, Vegetable-Based Soups, Salmon, Poultry Tropical Fruits, including bananas, papaya, mango, Pureed Beans, Avocado, Butter Lettuce, Roasted Red Peppers (with the skin removed),Smooth Peanut Butter/Almond Butter
- 7) Limit fried and fatty food.
- 8) Avoid intake of milk and milk products.
- 9) Increase intake of vitamins and minerals - most vitamins and minerals are present in vegetables and fruits so try to consume vegetarian food more.
- 10) If possible avoid / limit non- vegetarian food.
- 11) Avoid refined sugars, tea, coffee and aerated drinks, alcohol.
- 12) Avoid raw fruits and vegetables.
- 13) Avoid food that you are allergic to.

NOTE : PLEASE CONTACT WITH YOUR DOCTOR FOR EXACT DIET FOR THE HEALTH PRBLEMS YOU HAVE.THIS A SAMPLE DIET CHART TO GET THE IDEA OF YOUR DAILY ROUTINE FOOD INTAKE TO MAKE YOUR LIFE HEALTHY .