Crohn’s Disease

Abi Harrison-Nye

Symptoms

- Extreme stomach pain and frequent, urgent diarrhoea.
- Severe fatigue and unintended weight loss.
- General feeling of being unwell or having a fever.

Age & Gender

- Most often diagnosed in teenagers and young adults aged 16 to 30.
- It affects all genders equally.

Misconceptions

- It’s not just a bad stomach ache, but a serious lifelong inflammatory condition.
- It’s not caused by a poor diet, though food can trigger flares.
- It’s not always visible, as people can look well while in pain.

Diagnosis

- Blood and stool samples check for signs of inflammation.
- Colonoscopies allow doctors to look at the lining of the gut.

Treatment

- Steroids and immunosuppressants help to reduce internal inflammation.
- Surgery may be needed to remove damaged parts of the digestive system.

Support

- Ensure they have easy, quick access to a toilet without explanation.
- Be flexible with schedules, as flare-ups can be sudden and exhausting.
- Provide a private space for them to manage their symptoms.

This information isn't a diagnostic tool. If you recognise these symptoms in yourself or others, please contact a doctor.

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