

CROHN'S DISEASE

Crohn's disease or ileitis which Xavier's mother, Iris, suffers from is a disease of the bowel. It causes inflammation of different areas of the digestive tract, which can lead to abdominal pain, severe diarrhea, fatigue, weight loss and malnutrition.

Some people may be symptom-free most of their lives, while others can have severe chronic symptoms that come as flares before going into remission. Unfortunately, Crohn's disease cannot be cured. Medication can be used to slow the progression of the disease or surgery may be required but no cure has yet been discovered.

One method for reducing the effects of Chron's disease can be by following an adjusted diet. By paying special attention to what is consumed sufferers can reduce the severity of their symptoms and replace lost nutrients to promote healing. Some examples of this can include soft, bland foods that are high in water, minerals and vitamins rather than spicy or high-fibre foods.

Who in the story suffers from Crohn's disease?

Which part of the body does Crohn's disease effect?

What are some of the symptoms of Crohn's disease?

How can people treat Crohn's disease?

What should you do if you ever feel unwell?

HPE: ACPPS076 – Evaluate health information and communicate their own and others' health concerns.



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