

Crohn's Disease



What is Crohn's Disease?

Crohn's disease (CD) is a chronic inflammatory disorder affecting the digestive tract.

Crohn's disease and ulcerative colitis (UC) are similar conditions that both qualify as inflammatory bowel diseases (IBD). IBD results in the swelling or inflammation of the intestines which may result in permanent damage, as well as an impact on every day life during disease flare-ups.¹



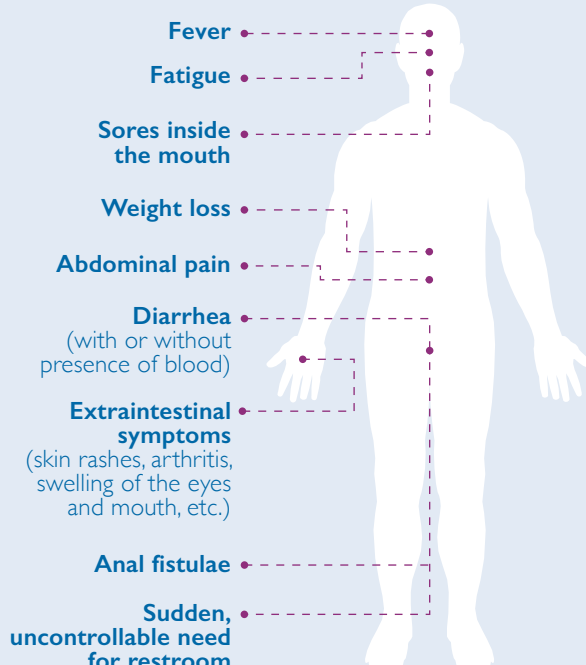
Symptoms

For many patients, Crohn's disease occurs in the colon or the third segment of the small intestine, the ileum, but may occur in any part of the intestinal tract.²

Signs and symptoms of Crohn's disease can range from mild to severe. Most often, symptoms appear gradually, but can sometimes develop suddenly or without warning.

Patients with Crohn's disease may experience ongoing disease symptoms, or have episodes of symptom-free remission, which can be followed by relapse or flares.²

When the disease is active, symptoms may include:³



Effect on Quality of Life

Living with Crohn's disease may severely affect quality of life both physically and psychologically, particularly during disease flares and relapses.

Physical hurdles may include:⁵

- Pain, fatigue or discomfort from disease symptoms
- Adverse effects of medication
- Surgery, including placement of an ostomy bag or intestinal resectioning

Socio-psychological hurdles may include:⁵

- Stress or anxiety related to the uncertain nature of disease, including flare timing, ability to locate restroom, etc.
- Social isolation or perceived stigma surrounding bowel-related symptoms
- Poor body image



Prevalence

Crohn's disease has been shown to affect North American and Western European countries more heavily than others, with more than **750,000 people** living with Crohn's disease in the United States alone.⁴ However, Crohn's disease rates are on the rise among other countries and areas of the world.⁶

Studies have shown the prevalence of Crohn's disease has increased over time, **though researchers have been unable to identify a cause** for this spike.⁷

While Crohn's disease can affect people of all ages, **it is most likely to develop between ages 15 to 35**, with men and women affected equally.^{8,9} Patients may have a higher chance of developing Crohn's disease if they have a blood relative with an IBD or if they smoke cigarettes.⁷



Diagnosis & Treatment

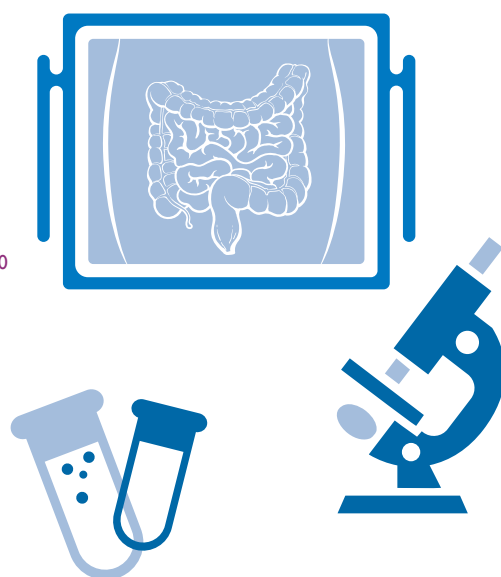
There is no single test to identify a patient who might have Crohn's disease.

Typically, physicians will conduct a number of tests, including:⁷

- Physical exam
- Computed tomography (CT) scan
- Blood test
- Intestinal endoscopy

There are treatment options available that can help manage flare-ups and keep patients in remission, including:^{7,10}

- Corticosteroids
- Immunomodulators
- Biologics
- Elemental diets
- Surgery



Bristol-Myers Squibb is committed to identifying and pursuing new treatment options and innovative development approaches to help deliver transformational medicines for patients with Crohn's disease and other immune-mediated diseases.



1. "Living with Crohn's Disease." Crohn's & Colitis Foundation. Accessed October 17, 2019. <https://www.crohnscolitisfoundation.org/sites/default/files/legacy/assets/pdfs/living-with-crohns-disease.pdf>. 2. "Crohn's Disease." Mayo Clinic. Accessed May 18, 2018. <https://www.mayoclinic.org/diseases-conditions/crohns-disease/symptoms-causes/syc-20353304>. 3. "Crohn's Disease." Cleveland Clinic. Accessed May 18, 2018. <https://my.clevelandclinic.org/health/diseases/9357-crohns-disease>. 4. Crohn's and Colitis Foundation. Accessed August 30, 2018. <http://www.crohnscolitisfoundation.org/resources/colorectal-cancer.html>. 5. Pihl-Lesnovska, K., Hjortswang, H., Ek, A., & Frisman, G. (2010). Patients' Perspective of Factors Influencing Quality of Life While Living With Crohn Disease. *Gastroenterology Nursing*, 3(1), 37-44. 6. Ng, Siew Cheok et al. "Worldwide incidence and prevalence of inflammatory bowel disease in the 21st century: a systematic review of population-based studies." *Lancet* 390 10114 (2018): 2769-2778. 7. "Crohn's Disease." National Institute of Diabetes and Digestive and Kidney Diseases. Accessed May 18, 2018. <https://www.niddk.nih.gov/health-information/digestive-diseases/crohns-disease>. 8. "The Facts About Inflammatory Bowel Disease." Crohn's & Colitis Foundation of America. Accessed August 27, 2018. <http://www.crohnscolitisfoundation.org/assets/pdfs/updatedibdfactbook.pdf>. 9. Molodecky NA, Soon IS, Rabi DM, et al. Increasing incidence and prevalence of the inflammatory bowel diseases with time, based on systematic review. *Gastroenterology*. 2012;142(1):46-54. 10. Vora R, Puntis JMW. "Dietary Treatment for Crohn's Disease—Old Therapy, New Insights." *Explor Res Hypothesis Med*. 2017;2(4):101. doi: 10.14218/ERHM.2017.00026.