



Pedro P. Llanaeza M.D.,P.A.

## **Inflammatory Bowel Disease (IBD)**

Inflammatory Bowel Disease (IBD) is a chronic disease. It causes inflammation and swelling in the digestive tract. The irritation causes bleeding sores, known as ulcers, to form along the digestive tract. Symptoms include abdominal pain and cramping as well as bloody diarrhea. The two main types of IBD are ulcerative colitis and Crohn's Disease. IBD can be painful and debilitating, and sometimes leads to life-threatening complications.

It is not known what triggers IBD. Current thinking focuses on the immune system, heredity, age, ethnicity, family history, smoking, where you live, and the use of medicine in the past. Stress can aggravate symptoms but like diet, they are not known to be the cause of IBD.