

DRESS IN PURPLE — TUESDAY, MAY 19, 2015

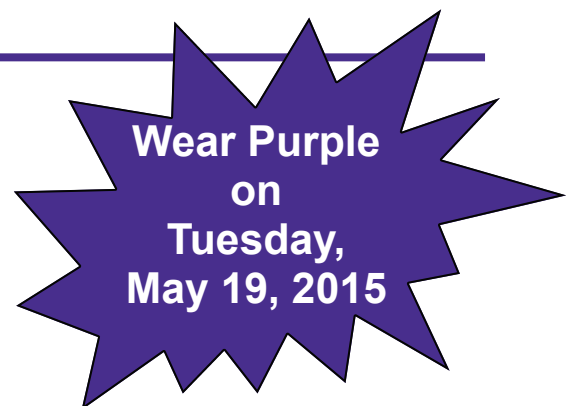
Celebrate World IBD Day Crohn's and Colitis Awareness

	Crohn's Disease	Ulcerative Colitis
What it is:	Chronic inflammatory condition of the GI tract that affects the end of the small bowel and the beginning of the colon.	Chronic disease of the large intestine in which the lining of the colon becomes inflamed and develops tiny open sores and ulcers that produce pus and mucous.
Signs and Symptoms Note: Symptoms vary from patient to patient	<ul style="list-style-type: none">• Persistent diarrhea• Rectal bleeding• Urgent need to move bowels• Abdominal pain and cramps• Sensation of incomplete evacuation• Constipation• Fever• Loss of appetite• Weight loss• Fatigue	<ul style="list-style-type: none">• Bowel movements become looser and more urgent• Persistent diarrhea accompanied by abdominal pain and blood in stool• Stool is generally bloody• Crampy abdominal pain• Loss of appetite• Weight loss• Low energy / fatigue
Risk Factors IBD affects as many as 700,000 Americans	<ul style="list-style-type: none">• Diet• Stress• Hereditary• Genetics• Environmental Factors	<ul style="list-style-type: none">• Researchers unsure of cause• Researchers believe causes could be: Hereditary Immune System Environmental

For more information log onto: <http://www.cdfa.org>

Remember to have a yearly physical with your medical provider.

Nimkee Memorial Wellness Center
989-775-4600



**SAGINAW CHIPPEWA INDIAN TRIBE
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