



CROHN'S AND COLITIS CANADA

IMPACT OF INFLAMMATORY BOWEL DISEASE IN CANADA

What is inflammatory bowel disease?



Inflammatory bowel disease (IBD) is a group of disorders that causes sections of the gastrointestinal tract to become inflamed and ulcerated. As a result, people living with IBD can face severe abdominal pain, fatigue, internal bleeding, and frequent, urgent washroom trips.

An abnormal response of the body's immune system plays a role in the two main forms of IBD: Crohn's disease and ulcerative colitis. In the absence of a cure, treatments aim to induce and maintain remission, periods where symptoms are limited. Most people with IBD require ongoing medication, and should medication fail, surgery is often required.

These are lifelong diseases, usually starting in adolescence or early adulthood in otherwise healthy, active individuals. Crohn's and colitis also occur in children, and IBD is increasingly being diagnosed in very young children (under five years of age), increasing more than 50% over the past 10 years.

IBD severely impacts quality of life through ongoing and debilitating symptoms, anxiety and depression, reduction in the ability to work, social stigma, management of washroom access issues, challenges with physical intimacy, and restrictions in career choices.

The Impact on Different Regions

- Canadians with Crohn's or colitis in rural areas are less likely to receive gastroenterologist care, which has consequences on long-term outcomes.



270,000

Canadians are living with IBD

The Impact on Canadian Seniors (aged 65 and over)

- Seniors with Crohn's or colitis are the fastest growing group of Canadians with IBD, and our healthcare system must be prepared to face this challenge.
- Seniors with Crohn's or colitis face complications of longer disease duration, and caring for age-related simultaneous conditions such as diabetes and cardiovascular disease.
- Approximately 15% of Canadians with Crohn's or colitis were diagnosed after the age of 65.



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The Impact on Ethnicities

- The face of IBD is changing. Once a disease impacting people of European descent, IBD is increasing in immigrant populations particularly South Asians.

\$1.28 billion

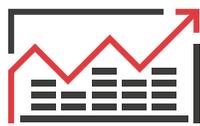


The direct annual cost of caring for Canadians with IBD

The Impact on Children (aged under 18)

- There are over 7,000 Canadian children living with Crohn's or colitis.
- The prevalence of Crohn's and colitis in Canadian children has risen more than 50% in the last 10 years.
- Children with Crohn's or colitis have different disease complications, respond differently to treatments, and are at a greater risk of side effects of medication as compared to adults.
- Children with Crohn's and colitis have more length of bowel affected, and are more likely to be hospitalized for their disease, compared to adults.

By 2030



400,000 (1% of the population) are expected to have IBD – a 50% increase from 2018



Crohn's and Colitis Canada
Crohn et Colite Canada

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The Impact of Inflammatory Bowel Disease in Canada report has a Canadian focus that puts patients at the heart of recommendations on research and care. The most recent report in 2018 from the scientific community to Crohn's and Colitis Canada, and the information put forth by its authors is informing our priorities for research and patient care. To see the full report, go to crohnsandcolitis.ca/impactreport.

Crohn's and Colitis Canada is the only national, volunteer-based charity focused on finding the cures for Crohn's disease and ulcerative colitis and improving the lives of everyone impacted by inflammatory bowel disease. We are the world's second largest health charity funder of Crohn's and colitis research, and our patient programs and advocacy efforts support the people affected by these chronic autoimmune diseases, which cause the body to attack healthy tissue, leading to the inflammation of all or part of the gastrointestinal tract.

Visit crohnsandcolitis.ca for more information.