

# CROHN'S AND COLITIS CANADA

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# Isn't IBD the same as IBS?

2022 Benefits Canada Chronic Disease at Work

February 9, 2022

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# Isn't IBD the same condition as IBS?

**Inflammatory** Bowel **Disease** (IBD)  $\neq$  **Irritable** Bowel **Syndrome** (IBS)

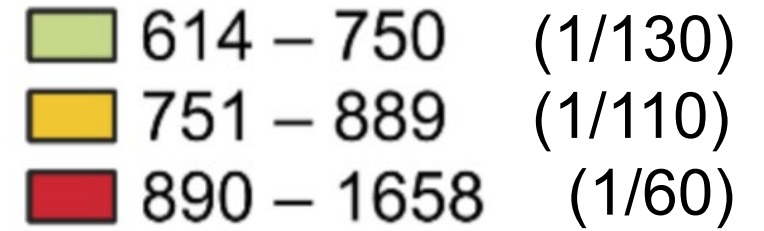
## Isn't IBD the same condition as IBS?

Characteristics	IBD	IBS
Involves the gastrointestinal tract	✓	✓
Unpredictable bowel movements	✓	✓
Is an auto-immune disease	✓	X
Can involve other organs/parts of the body	✓	X
Can progressively worsen with time, leading to complications such as surgery, bowel removal, comorbidities (arthritis, uveitis, cancer, etc)	✓	X
Pain	✓	✓
Fatigue, anemia, mental health (anxiety, stress, depression)	✓	X
Influences social and career decisions	✓	X
Treatment: Primary mode of managing is through diet	X	✓
Treatment: Primary mode of managing is with prescription drugs	✓	X

# IBD Defined

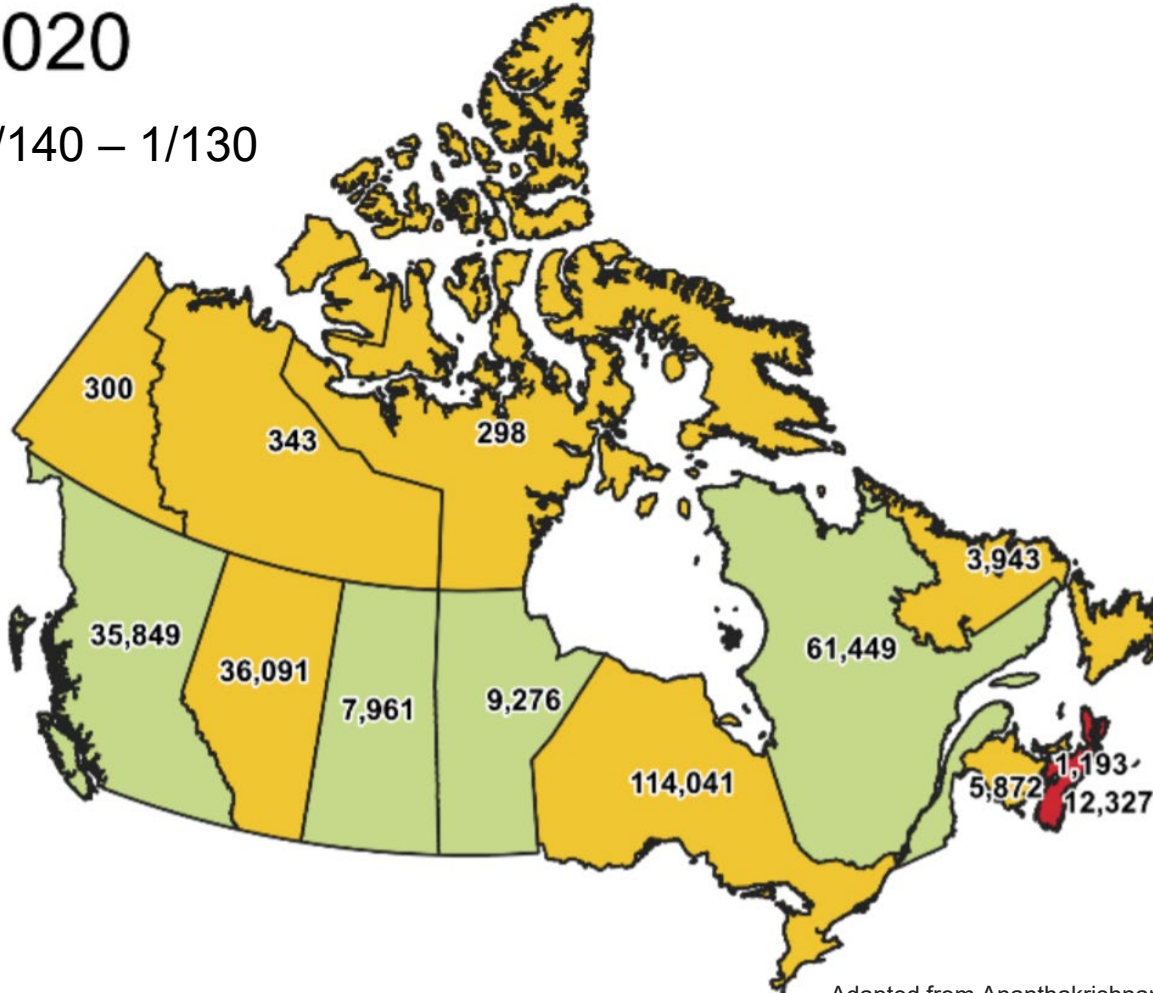
- Lifelong, autoimmune, episodic (active inflammation called “flares” / remission) disease that affects the gastrointestinal tract and progresses with time
- **Peak onset diagnosis 16-30 years of age**
- Can occur anytime (babies to seniors)
- Two main forms: Crohn’s disease (“mouth to bum”) and ulcerative colitis (large intestine)
- Can affect other organs
- Comorbidities such as inflammatory arthritis, uveitis, etc
- Multifactorial disease: genes, environment, microbiome

# Canada continues to have amongst the highest prevalence of IBD in the world



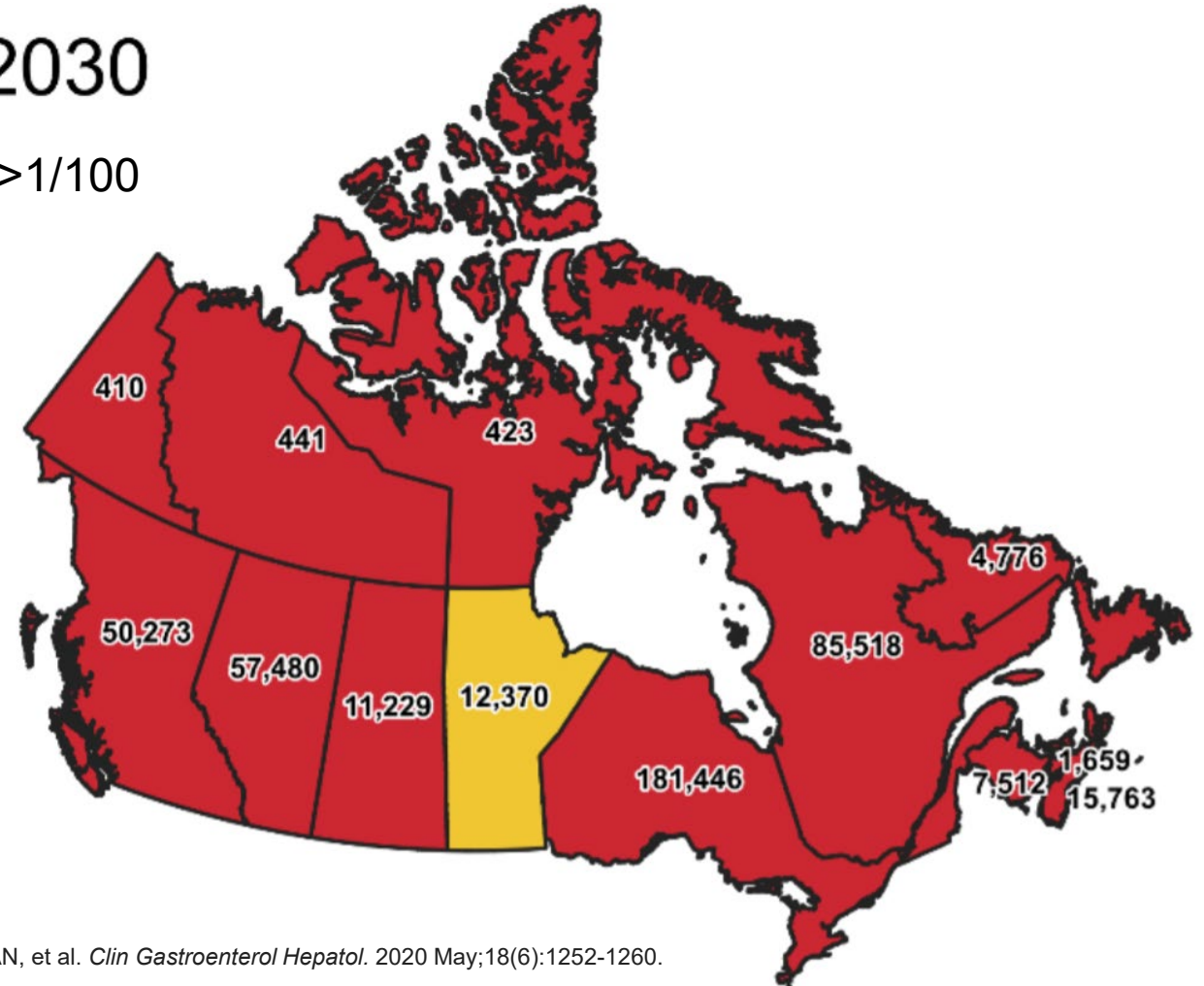
2020

1/140 – 1/130



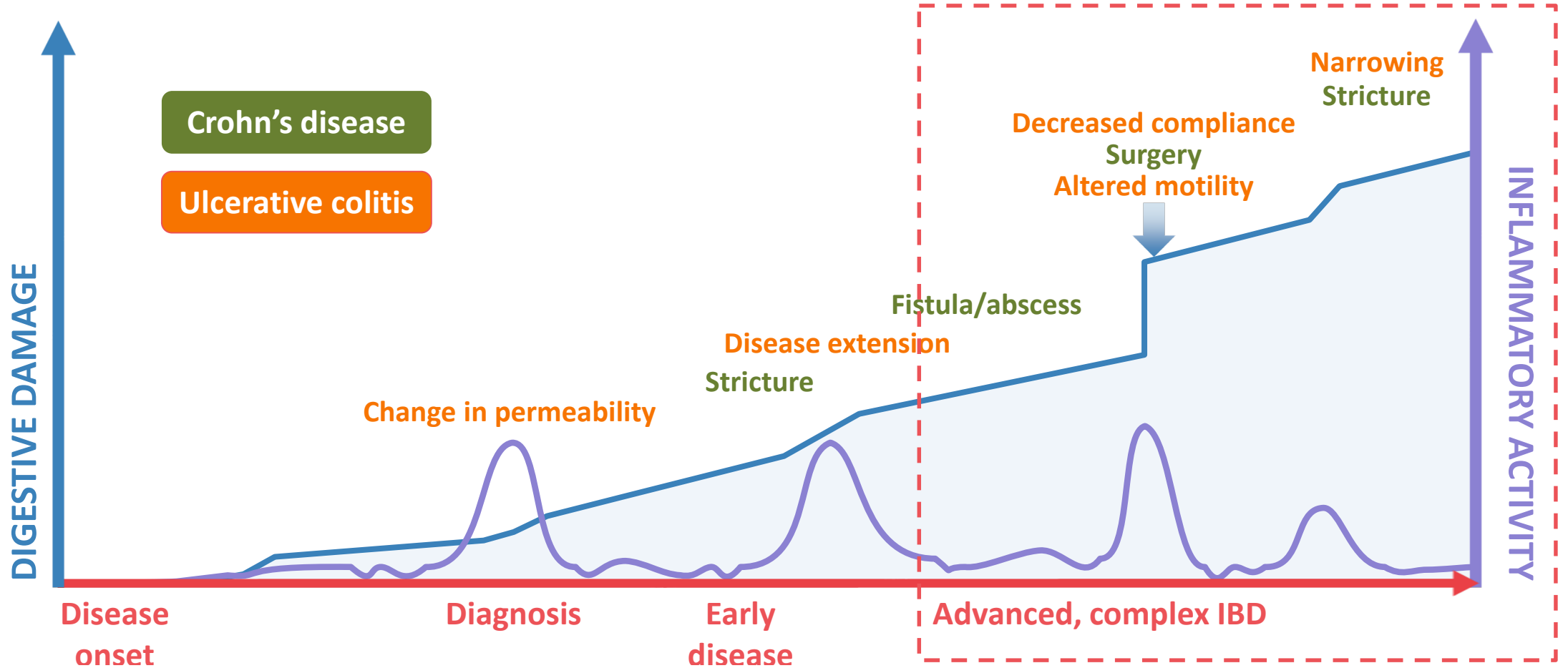
2030

>1/100



Adapted from Ananthakrishnan AN, et al. *Clin Gastroenterol Hepatol.* 2020 May;18(6):1252-1260.

# IBD Journey: A Clinical Perspective



Adapted from Pariente B, et al. *Inflamm Bowel Dis* 2011;17:1415–22.

# Work Productivity



People who are experiencing IBD symptoms are more likely to require time off work (absenteeism) and have reduced productivity at work (presenteeism) due to illness as compared to persons without IBD.

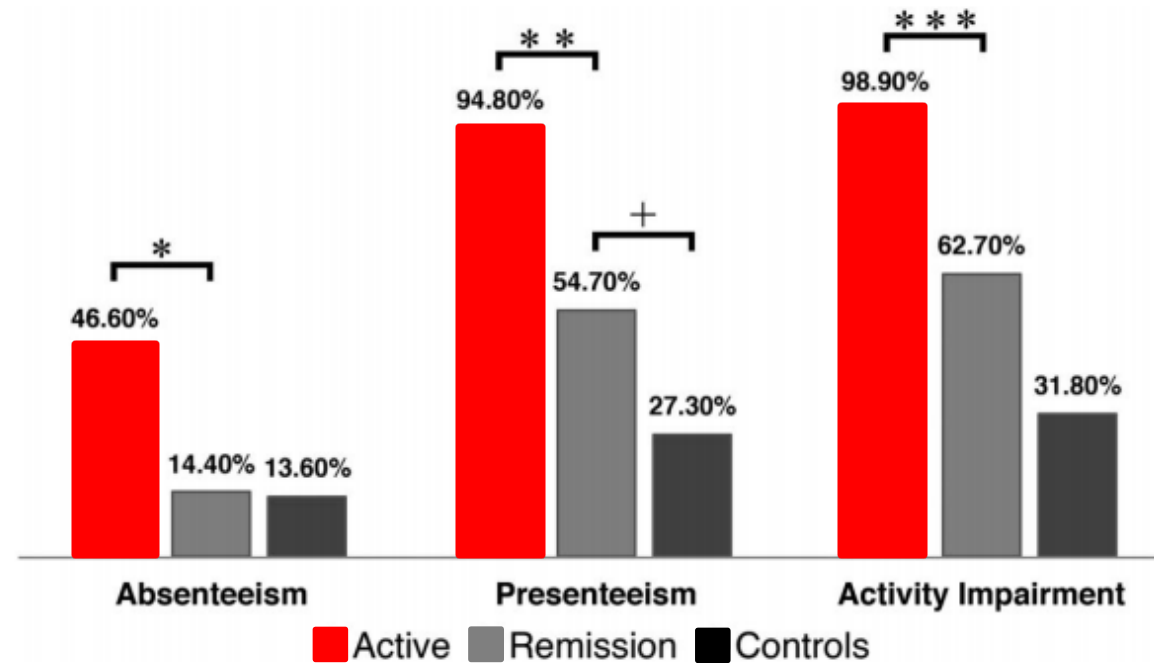


Figure 5-1: Prevalence of absenteeism, presenteeism, and activity impairment in controls and patients with IBD with active and inactive disease. \*P < 0.01, \*\*P < 0.01, \*\*\*P < 0.01, +P = 0.02.<sup>23</sup>



## Marie-Josée's Personal Journey



Marie-Josée Lafleur  
Person living with Crohn's disease

## How can employers help?



- How do IBD symptoms disrupt a patient's work life?
- What can employers do to support IBD patients in the workplace?
- Why should employers provide these accommodations?
- Refer employees to Crohn's and Colitis Canada

# Resources

- Education & support
- Connecting to peers
- Resource directory
- Research to find cures and to improve quality of life
- Digital health solutions

**Find washrooms when you need them.**

The GoHere Washroom Locator App helps you to quickly locate nearby washrooms or plan a trip with locations in mind.

Are you a business owner? You can help improve accessibility in your community by adding your business to the app.

Learn more and download the GoHere app at [crohnsandcolitis.ca/gohere](https://crohnsandcolitis.ca/gohere)

**CROHN'S AND COLITIS CANADA'S MyGut App**

Empowers patients to track, understand, and manage their IBD journey in a simple and effective way.

Equips patients with valuable digital tools such as daily activity tracking, biweekly quality of life check-in, and access to educational resources tailored to their unique needs or interests.

Encourages meaningful conversations with healthcare providers as patients can download and share data gathered through daily activity tracking.

Enables Crohn's and Colitis Canada and international IBD patient organizations to support clinical research programs by measuring health-related quality of life and patient-reported outcomes.

**To Download the App**  
Visit the app store on your mobile device  
or  
Use the camera on your mobile device to scan the associated QR code.

Download on the App Store

GET IT ON Google Play



# THANK YOU

Contact: [klee@crohnsandcolitis.ca](mailto:klee@crohnsandcolitis.ca)

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## Poll Questions

1. <https://vevox.app/#/m/143232339>

OR

2. Goto: <https://vevox.app>  
and type the ID:  
143 232 339

3.

