

# Editorial on Inflammatory Bowel Disease

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## Editorial

Inflammatory bowel disease (IBD) is a comprehensive term used to describe a condition associated with chronic inflammation of the gastrointestinal tract. The types of IBD are: Ulcerative colitis. This condition includes inflammation and sores (ulcers) along the surface of the large intestine (colon) and rectum. Crohn's disease: this type of IBD is characterized by inflammation of the inner layer of the gastrointestinal tract and often affects deeper layers of the gastrointestinal tract.

## Symptoms

The symptoms of inflammatory bowel disease depend on the severity of the inflammation and where it occurs. Symptoms range from mild to severe. There may be a period of active illness followed by a period of remission. The signs and symptoms common to Crohn's disease and ulcerative colitis are: diarrhoea Malaise Abdominal pain and cramps Bloody stool Anorexia Unintentional weight loss.

## Causes

Diet and stress were once suspected, but doctors know that these factors can exacerbate IBD, but they are not. A possible cause is a malfunction of the immune system. When the immune system tries to fight off invading viruses and bacteria, the immune system also attacks cells in the digestive tract due to an abnormal immune response. Since IBD is common in people with families with this disease, heredity also seems to play a role.

Ulcerative colitis and Crohn's disease share some complications and other

complications that are specific to each condition. The complications found in both conditions are: Colon cancer. Cancer screening usually begins about 8 to 10 years after diagnosis. Talk to your doctor when and how often you need to take this test. Inflammation of the skin, eyes and joints. Certain medical conditions, such as arthritis, skin lesions, and eye inflammation (uveitis), can occur during the relapse of IBD. Side effects of the drug. Certain drugs of IBD are associated with a lower risk of developing certain types of cancer. Corticosteroids may be associated with the risk of osteoporosis, high blood pressure, and other conditions. Primary sclerosing cholangitis. In this condition, inflammation causes scarring in the bile ducts, eventually narrowing the bile ducts and gradually causing liver damage. Blood clot.

## Complications of Crohn's disease include:

Intestinal obstruction, over time, parts of the intestine may thicken and narrow, obstructing the flow of digestive contents. Surgery may be needed to remove the affected area of the intestine. Malnutrition, Diarrheal, abdominal pain, and cramps can make it difficult for you to eat or absorb enough nutrients for your intestines to fuel you. Anaemia often develops due to iron or vitamin B12 deficiency caused by the disease. Inflammation can spread throughout the intestinal wall and form fistulas. This is an unusual connection between different parts of the body. Fistulas near or around the anus (perianal) area are the most common type. Anal fissure. This is a tissue that lines the inside of the anus, or a small crevice in the skin around the anus that can cause an infection. Complications of ulcerative colitis include: Toxic megacolon. Ulcerative colitis is a serious condition known as toxic megacolon, which can rapidly dilate and swell the colon. A hole in the colon (perforated colon). Perforated colons are most commonly caused by toxic megacolon, but can also occur on their own. Severe dehydration. Excessive diarrhoea can cause dehydration.

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