

TOP 10 UNANSWERED QUESTIONS ABOUT IBD

ACCORDING TO PATIENTS, FAMILIES AND CLINICIANS



Inflammatory Bowel Disease (IBD) is a family of diseases that cause inflammation in the lining of the digestive tract.

A gastroenterologist (GI) will help with symptom management!

IBD can cause:

- Abdominal pain
- Fatigue
- Diarrhea
- Bloody stool
- Loss of appetite

Unique to children, IBD can cause impaired height growth and delayed puberty.



Symptoms can stay quiet for periods of time, then flare up. A flare of the disease disrupts the body's ability to:



DIGEST FOOD



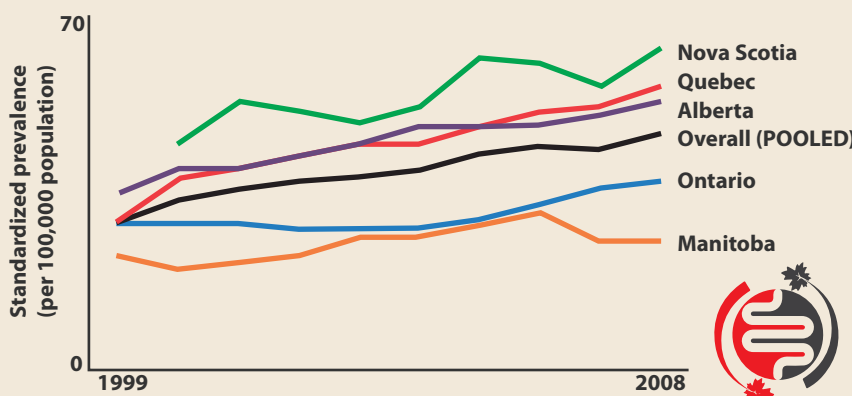
ABSORB NUTRIENTS



POOP IN A HEALTHY WAY



Canada has one of the highest incidences of IBD in the world, with rates increasing in children.



A team of pediatric GI researchers in Canada has come together to form The Canadian Children Inflammatory Bowel Disease Network: A partnership of the CH.I.L.D. Foundation and the CIHR.

Investigators set out to engage patients, families, and clinicians to help determine the top 10 unanswered research questions in pediatric IBD. They used a Priority Setting Partnership model designed by the James Lind Alliance.



THE IBD TOP 10

1. What are the causes of IBD (Crohn's disease, ulcerative colitis)?
2. Can IBD be prevented?
3. What role does diet have in the management of IBD?
4. What triggers flare ups in IBD?
5. How can we better define the role of, and improve access to, newer non-invasive, less costly biomarkers of IBD endoscopic activity?
6. How can we increase the knowledge and/or awareness around pediatric IBD so that diagnosis is not delayed?
7. What are the long-term effects of medications used to treat IBD?
8. How does an early diagnosis of IBD in children/teenagers impact the lifelong course (prognosis) of the disease?
9. What is the impact of access to psychological/mental health support in the management of pediatric IBD?
10. What is the optimal approach to diagnosis (education, psychological support, diagnostic tests) in pediatric patients with IBD?



How can you help?

Look for opportunities to take part in research, whether you're a patient or family member, and support those with IBD by advocating for washroom access in your community!

