

IBD Treatment

Your digestive system is a very sensitive organ system. Sometimes, the digestive system gets highly-inflamed, leading to numerous digestive and bowel-related problems. If this condition persists for a prolonged period and results in serious symptoms, it is diagnosed as Inflammatory Bowel Disease (IBD).

The team of board-certified specialists at Huntington Colorectal Surgeons, led by Dr. Howard Kaufman, have years of experience helping patients with IBD. We can help you manage the condition and prevent a recurrence. Contact our Pasadena colorectal medical center to schedule a consultation.

Types of IBD

IBD manifests in one of two ways:

- **Ulcerative Colitis**

Ulcerative Colitis is a condition where the lining of the large intestine inflames. This condition is localized and only affects the colon. Numerous ulcers develop on the walls of the colon and may even rupture and bleed. The inflammation usually starts near the rectum and may spread upward into the large intestine.

- **Crohn's Disease**

Crohn's Disease is the more serious type of IBD. Here, the inflammation can occur throughout the gastrointestinal tract and the ulcers can form anywhere in the bowels. In severe cases, the patient may also develop anal fissures or fistulae and these fistulae may bore into other organs located near the digestive tract.

Crohn's Disease is a more slow-acting illness than Ulcerative Colitis and you'll see symptoms developing for months.

IBD is not IBS

It's important to note that Irritable Bowel Syndrome (IBS) is not the same as IBD. IBS is your gastrointestinal tract's adverse reaction to certain foods or an infection. It is not a serious condition and lasts only for a few days. IBD is a serious and chronic disease that requires immediate medical attention.

Symptoms of IBD

- Diarrhea
- Bloody stools
- Vomiting
- Loss of appetite
- Sudden weight loss
- Rashes and sores on the skin
- Ulcers in the mouth
- Eye inflammation & blurry vision
- Fever & fatigue

- Arthritis

IBD flare-ups often last for a few weeks and then stop for a few months or years before they manifest again. You must consult our Pasadena colorectal surgeons if you notice the following symptoms the very first time, to prevent the condition from worsening.

Why causes inflammation in the digestive tract?

There is no one single cause for IBD. Initially, doctors presumed that certain diets or lifestyles were responsible for the inflammation of the bowel, but today, research has shown that a variety of factors such as genetics and a malfunctioning immune system can also lead to IBD.

Most IBD cases are the result of an autoimmune response, when our immunity mistakenly attacks the cells of our body, causing organ inflammation.

However, your susceptibility to IBD increases if:

- You are a smoker.
- You are of caucasian descent.
- You consume more processed or fast foods.
- You live in geographically cold regions.
- You are a woman.

Having IBD increases your risk of colon cancer and you must consult either Dr. Howard Kaufman, Gabriel Akopian, or Dr. Juliane Golan for diagnosis, and treatment.

Managing the symptoms of Inflammatory Bowel Disease

Although intensive research is being done in IBD, there are currently no curative treatments available for the condition. Our colorectal surgeons focus on helping you manage your symptoms and reduce flare-ups of these symptoms. Our number one priority is to help relieve your pain and discomfort and help you lead a happy and comfortable life.

We conduct a colonoscopy under sedation to diagnose the IBD. Then, we offer a combination of the below treatments to help you manage your symptoms:

- Medication to reduce gastrointestinal inflammation.
- Addressing the immune system suppressants to reduce the likelihood of autoimmune disorders.
- Laxatives to stimulate easier bowel movement.
- Medications to treat specific symptoms such as diarrhea, pain, fevers, etc.

Surgery may be recommended in very serious cases when a large part of the large intestine is diseased. Here, the diseased sections will be surgically removed and the gastrointestinal tract reconstructed to facilitate digestion.

At Huntington Colorectal Surgeons, we specialize in robotic surgery. You can trust us for minimally-invasive IBD surgery that is safe and helps reduce the chances of symptom flare-ups.

Contact us for more information.