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WHAT IS IBD

Inflammatory bowel disease (IBD) is a term for two conditions (Crohn's disease and ulcerative colitis) that are characterized by chronic inflammation of the gastrointestinal tract (GIT). Prolonged inflammation results in damage to the GIT





PREVENTION

Stop smoking
Do regular exercise
Healthy diet
Do not use NSAIDs or ANTIBIOTICS without doctor's advice

SIGNS AND SYMPTOMS OF IBD

Diarrhoea.
Cramping pains in the abdomen.
Tiredness and fatigue.
Loss of appetite and loss of weight.
Anaemia
Mouth ulcers.
Rectal bleeding
fever



SELFE-CARE .01

Healthy Diet.
Enteral therapy-
Supplemental.
Symptomatic
Medications.
Specific Drug
Therapy.
Physical activity
and exercise
Stress
management

TRETMENT .02

Anti-inflammatory drugs.
Examples include mesalamine (Asacol, Lialda, Pentasa),
Corticosteroids,
Examples budesonide (Entocort)
Immune system modifiers such as azathioprine (Imuran)
Antibiotics such as ciprofloxacin (Cipro), Flagyl,
Drugs for diarrhea.
Biologic medicines, such as adalimumab (Humira), adalimumab-atto (Amjevita),

