

Development of Knowledge, Skills & Abilities for Management of Crohn's Disease

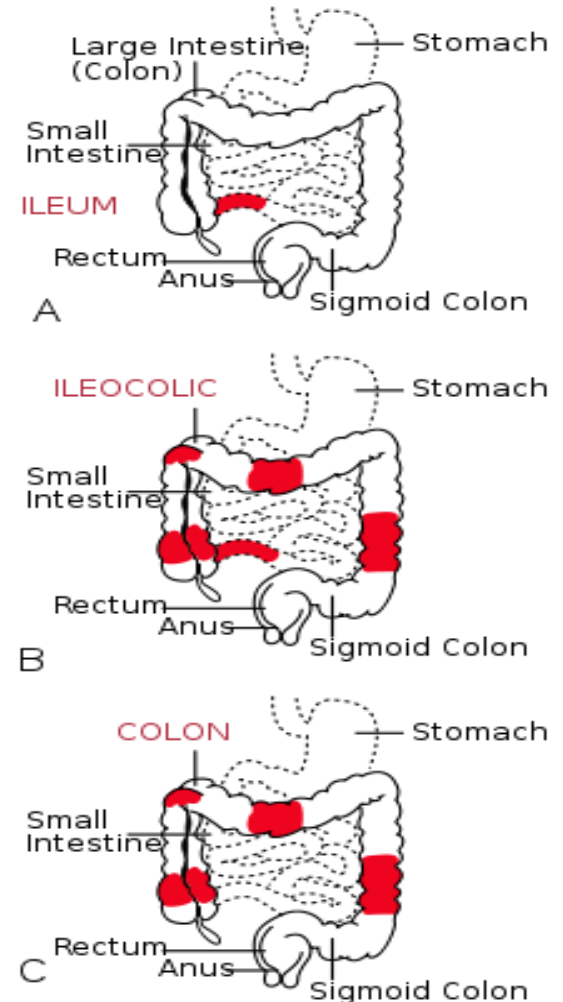
Graham F. Watts, Sr.

Betty Worthy

Motto: "I can do everything through Christ, who gives me strength" (Philippians 4:13, NLT)

Definition of Crohn's Disease

- Inflammation of the GI tract (area from mouth to anus)
 - Most commonly affects the ileum (lower part of the small intestines)¹, which absorbs, water-soluble vitamins,² (all B vitamins and vitamin C),³ amino acids, fat, cholesterol and fat-soluble vitamins like vitamins K A, D & E.⁴



1. <http://digestive.niddk.nih.gov/ddiseases/pubs/crohns/index.aspx>; 2. <http://www.sharecare.com/question/where-nutrients-get-absorbed>; 3. <http://digestive.niddk.nih.gov/ddiseases/pubs/yrdd/> 4. <http://www.livestrong.com/article/436603-in-which-digestive-organ-are-nutrients-absorbed/> 5. http://en.wikipedia.org/wiki/Crohn%27s_disease

Seriousness (Prevalence) of the Problem

- “6 to 7.1 per 100, 000 people in the United States”¹

Known Behavioral Risk Factors of Crohn's Disease

- Smoking (higher risk for smokers)
- Diet
 - Positive correlation between Crohn's disease and increased intake of animal protein, milk protein and an increased ratio of omega-6 to omega-3 polyunsaturated fatty acids
 - Negative correlation between Crohn's disease and increased intake of vegetable protein
 - No correlation between Crohn's disease and fish protein
- Hormonal contraception
- Emotional stress

Symptoms of Crohn's Disease

- Abdominal pain, often in the lower right area¹
- Diarrhea¹
- Rectal bleeding¹
- Weight loss¹
- Skin problems¹
- Fever¹

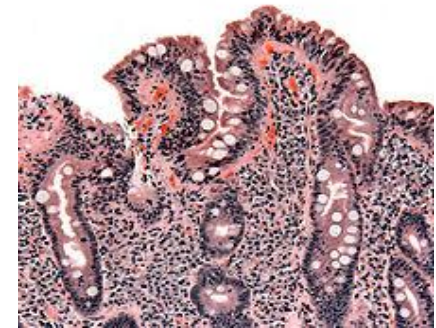
Symptoms of Crohn's Disease

- Small bowel bacterial overgrowth syndrome¹ (SBBOS)
 - That is: excessive bacterial growth in the small intestines
 - Symptoms arising from malabsorption of nutrients due to bacteria, which metabolize nutrients or impair small bowel absorption of nutrients include: BDNV

- Bloating
- Diarrhea
- Nausea
- Vomiting²



E-Coli, commonly isolated in patients with bacterial overgrowth.



Biopsies of small bowel bacterial overgrowth.

1. http://en.wikipedia.org/wiki/Crohn%27s_disease; 2. http://en.wikipedia.org/wiki/Small_bowel_bacterial_overgrowth_syndrome
2. Excess bacterial growth is more than 10⁵ bacteria per milliliter.

Addressable Symptoms of Crohn's Disease

- B₁₂ Deficiency¹
- Malnutrition from nutrient malabsorption²
- Higher ratio of omega-6 to omega-3 intake
- Anemia (decrease # of RBCs or less than normal quantity of hemoglobin in the blood)²
 - Iron, B₁₂ and/or folate deficiencies³

Addressable Symptoms of Crohn's Disease

- Anemia (as less than normal hemoglobin in the blood)¹
 - Normal levels of hemoglobin depends on age and gender:
 - Newborns: 17-22 gm/dl (grams per deciliter) of whole blood
 - One month old: 11-15 gm/dl
 - Children: 11-13 gm/dl
 - Adult males: 14-18 gm/dl
 - Adult females: 12-16 gm/dl
 - Men after middle age: 12.4 – 14.9 gm/dl
 - Women after middle age: 11.7 – 13.8 gm/dl
 - Values vary slightly between laboratories²

Treatment Goals for Crohn's Disease

- No know human cure, but divine healing is possible
- Control inflammation¹
- Correct nutritional deficiencies¹
- Relieve symptoms¹
 - Abdominal pain
 - Diarrhea
 - Rectal bleeding
- Surgery when medications and behavioral approaches cannot control symptoms¹

Risk Management of Crohn's Disease

- Set up a schedule of regular check-up with specialty physician to monitor and address emerging signs of “blockage of the intestines.”¹
 - “Blockage occurs because the disease tends to thicken the intestinal wall with swelling and scar tissue, narrowing the passage. Crohn's disease may also cause sores, or ulcers that tunnel through the affected area into surrounding tissues, such as bladder, vagina or skin. The areas around the anus and rectum are often involved.”¹

My Role in Fighting Crohn's Disease

- Oral nutrition supplementation ¹
- Stop smoking ¹
- Proper hydration ¹
- Eating smaller meals frequently instead of big meals ¹
- Balanced diet ¹
 - Exclude bulky grains & hot spices; reduce Omega-6 intake, increase Omega-3 intake
- Abstinance from milk or dairy products ¹
- Pharmaceuticals (with their unwanted side effects) ²
- Combination of all of the above
- Relaxation if stressors cause a flare-up of disease Sx ²

Parting Comments

Life management is aptly summarized by a line from Louisa May Alcott: “I am not afraid of storms, for I am learning how to sail my ship.¹”

Learning how to care for the human body is a worthwhile investment. Self-care can combat the assaults of lifespan stressors that result in rapid decline unless assuaged.

Call to Action

To ALL God's children, let us ask Him to make health principles clear to our minds so that we can walk in the right path (Pss 5:8; 25:4; 27:11; 86:11; 119:17, 33 and 143:8, NLT) of health and "...joy..." (Acts 2:28) and not only do the right things but also teach others how to "...fear the Lord and turn away from [self-inflicted] evil, [which brings bodily health]" (Prov 3:7-8, NASB).

So What Are You Going To Do?



<http://healthypeople.gov/2020/Implementing/Default.aspx>

