

Epidemiology and Characteristics of Inflammatory Bowel Disease (IBD)

Ahedin Holder *

Department of Microbiology, University of Würzburg, Sanderring, Würzburg, Germany

DESCRIPTION

Inflammatory Bowel Disease (IBD) is characterized by recurrent episodes of gastrointestinal inflammation caused by an abnormal immune response to gut micro flora. The term "Inflammatory Bowel Disease" refers to two types of idiopathic intestinal disease that differ in their location and depth of involvement in the bowel wall. Ulcerative Colitis (UC) is characterized by widespread inflammation of the colonic mucosa. UC affects the rectum, but it can also spread into the sigmoid (proctosigmoiditis), beyond the sigmoid (distal ulcerative colitis), or throughout the colon up to the cecum. Crohn's Disease (CD) causes trans mural ulceration of any part of the Gastrointestinal Tract (GI), with the terminal ileum and colon being the most commonly affected. Both diseases are classified according to their severity (mild, moderate, or severe) and location. Common autoimmune conditions include:

- Addison disease.
- Celiac disease sprue (gluten-sensitive enteropathy)
- Dermatomyositis.
- Graves' disease.
- Hashimoto thyroiditis.
- Multiple sclerosis.
- Myasthenia gravis.
- Pernicious anemia.

Characteristics of Inflammatory Bowel Disease (IBD) and Irritable Bowel Syndrome (IBS)

Inflammatory Bowel Disease (IBD) is a group of disorders that cause chronic inflammation (pain and swelling) in the intestines. IBD encompasses ulcerative colitis and Crohn's disease. The digestive system is affected by both types. This chronic illness can be managed with the aid of treatments.

- IBD is a condition, whereas IBS is a syndrome or collection of symptoms. There are various reasons and treatments.
- Functional gastrointestinal disorders include IBS. The bowels operate differently as a result, contracting more frequently (or occasionally less frequently) than usual. IBS is also referred to as uneasy stomach or a spastic colon.
- IBS doesn't cause intestinal inflammation or damage like IBD does, so imaging scans can't pick it up, and it doesn't raise the risk of colon cancer. IBS sufferers mainly require hospitalization or surgery.
- Although the exact cause of IBD is unknown, a weakened immune system is the cause of IBD. Some causes include:

Inappropriate immune system: Its response to environmental factors, such as a virus or bacteria, results in gastrointestinal tract inflammation. There seems to be a genetic component as well. This incorrect immune response is more likely to manifest in people with a family history of IBD.

Inflammatory Bowel Disease (IBD): It is the term used to describe a group of illnesses in which the intestines swell up. Despite the fact that it is frequently seen as an autoimmune disorder, research indicates that the persistent inflammation may not be brought on by the immune system attacking the body. The immune system attacking a benign virus, bacterium, or food in the gut results in inflammation, which then causes intestinal damage.

Crohn's disease and ulcerative colitis: These are the two main IBD subtypes. Only the colon or large intestine is affected by ulcerative colitis. Any area of the gastrointestinal tract, from the mouth to the anus, can be affected by Crohn's disease. Most frequently, it affects the colon, the final section of the small

Correspondence to: Ahedin Holder, Department of Microbiology, University of Würzburg, Sanderring, Würzburg, Germany, E-mail: ahedin-holder@uah.de

Received: 05-Sep-2022, Manuscript No. IGOA-22-19233; **Editor assigned:** 08-Sep-2022, Pre QC No. IGOA-22-19233 (PQ); **Reviewed:** 22-Sep-2022, QC No. IGOA-22-19233; **Revised:** 29-Sep-2022, Manuscript No. IGOA-22-19233 (R); **Published:** 06-Oct-2022, DOI: 10.35248/IGOA.22.7.180

Citation: Holder A (2022) Epidemiology and Characteristics of Inflammatory Bowel Disease (IBD). Immunogenet Open Access. 7:180.

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intestine, or both. IBD is a condition that has no identified cause. The immune system of the body is triggered by a substance or set of substances, such as bacteria, viruses, or antigens, to cause an inflammatory response in the intestinal tract. IBD may arise as a result of a familial, genetic, or environmental component combination, according to recent studies. Another possibility is that autoimmune reactions are brought on by bodily tissue. Whatever sets off the reaction, it happens unchecked, destroys the intestinal wall, and causes diarrhea and pain.

Treated of Inflammatory Bowel Disease (IBD)

IBD is managed with medication, dietary adjustments, and even surgery. The purpose of treatment is to alleviate symptoms, stop secondary issues and flare-ups, and perhaps even repair the inflamed intestines.

- Using anti-inflammatory medications to reduce inflammation
- Substances that suppress the immune system to stop it from generating inflammation
- Biologics to prevent the inflammatory proteins
- Using nutrition therapy, the bowel can begin to mend.

People with IBD may find it challenging to consume the necessary amounts of calories and nutrients due to reduced appetite, diarrhea, and poor nutrition absorption. Children with IBD should consume a variety of foods, lots of water, and stay away from foods that aggravate their symptoms. Some children might require calcium, vitamin D, or vitamin and mineral supplements. Children who are not developing normally may require special formulations to increase nutrients and calories.