

**Mayo Clinic Minute: What is inflammatory bowel disease?**

<b>Video</b>	<b>Audio</b>
	People often associate inflammatory bowel disease with the bathroom because of its symptoms, but it's a serious and chronic condition. There are two main types of IBD: Crohn's disease and ulcerative colitis.
<b>Victor Chedid, M.D.</b> <b>Gastroenterology</b> <b>Mayo Clinic</b>	"Ulcerative colitis only impacts the colon and causes inflammation in the entire colon, while Crohn's disease can impact anywhere from the mouth to the anus."
<b>Graphic: IBD Symptoms:</b> Diarrhea Rectal bleeding Fatigue Weight loss Stomach pain Joint pain	Patients often experience diarrhea, rectal bleeding, fatigue, weight loss, and stomach and joint pain.
	"Some patients might develop what we call extraintestinal manifestations of their inflammatory bowel disease. And these can impact other organs. That means organs that are beyond the intestines."
	There is no cure for IBD, but there are medications to reduce inflammation. Also, watching what you eat can help alleviate symptoms.
	"We have to have a focus on diets that are high in anti-inflammatory foods and antioxidants, and low in foods that are processed that can be proinflammatory."
	For the Mayo Clinic News Network, I'm Sonya Goins.