IBD and nutrition
malnutrition, screening and improving information

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IBD- inflammatory bowel disease
Crohn’s Disease and Ulcerative Colitis

• Causes chronic inflammation in the bowel
• Symptoms;
  - Diarrhea
  - Severe stomach pain
  - Bloating
  - Bleeding
  - Obstruction
  - Loss of appetite
  - Nausea
  - Weight loss
  - ........
Aim of the study

• Gather information on nutritional status of IBD patients focusing on malnutrition, vitamin and mineral deficiency and nutritional screening in IBD.
• Improve nutritional information for IBD patients.
Method

- Study further data collected by Jóna Björk Viðardóttir for her research 2014; “Dietary intake and nutritional status of inflammatory bowel disease“.
- Research data on malnutrition in IBD
- Review the nutritional information available for IBD patients.
- For the booklet; translation, verification, improve and adapt information, gathering footage and working on look.
Results