



Living With Crohn's Disease



Overview

You've been diagnosed with Crohn's disease, and you have some questions and concerns. You may be wondering how it will affect your life. The good news is you can take steps to manage your symptoms. These tips will help.

Manage your diet

First, get serious about your diet. You may want to begin by talking to a dietitian. They'll help you limit or avoid foods that aggravate your symptoms. Dairy, fiber, spicy foods, alcohol and caffeine are problem foods for many people. And instead of eating breakfast, lunch and dinner, you may want to eat several smaller meals throughout the day. Drink plenty of water. And ask your doctor if you need to take any vitamins or supplements.

Manage your stress

Stress can cause flare-ups, so make stress management a priority. Regular exercise can help reduce stress. So can things like yoga and meditation. Your doctor can give you other stress-reduction tips.

Don't smoke

Don't smoke. Smoking makes your symptoms worse. So if you are a smoker, seek help to quit now.

Be aware of your emotional health

Finally, don't ignore your emotions. Crohn's disease causes some people to become depressed. If you're having trouble coping with your Crohn's disease, consider joining a support group. Or, talk to a therapist. Make sure you reach out and get the support you need.

Conclusion

If you take an active role in your care and follow your doctor's advice, you can learn to manage your symptoms successfully.

