

# The **IMPACT** of Inflammatory Bowel Diseases (IBD)

EUROPEAN FEDERATION OF CROHN'S AND ULCERATIVE COLITIS ASSOCIATIONS (EFCCA)

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## DAILY LIFE

### IMPACT on daily life

- ⌚ Half of patients diagnosed with IBD are fighting active disease today - they are not in remission
- ⌚ 96% of patients feel tired, weak and worn out in daily life during a flare-up; this only reduces to 83% during remission

### IMPACT on personal and social interactions

- ⌚ 40% were prevented from pursuing an intimate relationship
- ⌚ 23% had an intimate relationship end due to their IBD
- ⌚ 29% were prevented from making or keeping friends due to their IBD

**96%** of patients  
feel tired, weak and  
worn out in daily life  
during a flare-up

### EFCCA recommends:

- ⌚ Management plans should include assessment and management of the three key symptoms: fatigue, urgency and pain
- ⌚ Success criteria should focus on effective management of symptoms, as well as IBD as the root cause
- ⌚ Management plans should include assessment of the wider symptomatic impact of IBD on everyday life, as well as the clinical context

