FACTS AND FICTION

Open your mind

50 questions, facts and fiction

to open your mind about living with IBD

Fact or fiction:

IBD only causes symptoms during an outbreak/inflammation

Fiction. You can also experience symptoms while not having a flare-up. For example, fatigue, abdominal pain, frequently having to go to the toilet.

Fact or fiction:

IBD cannot be cured with medication

Fact. Unfortunately, there is no medicine that can cure IBD yet. However, medication can calm down the disease and keep it at bay.

Fact or fiction:

A healthy lifestyle has an impact on IBD

Fact. A healthy lifestyle (healthy food, enough exercise and enough relaxation) can have a beneficial effect on IBD.

Fact or fiction:

You always get a stoma if you have IBD

Fiction. Only if the disease cannot be controlled through medication or surgery a (temporary) stoma can offer a solution.

Fact or fiction:

If you are on medication nothing will bother you any more

Fiction. Even with medication, you can continue to experience symptoms or suffer from side effects.

Fact or fiction:

If you have IBD, you will always have diarrhoea

Fiction. This is a common complaint, but it does not apply to everyone.

Fact or fiction:

IBD is contagious

Fiction.

Fact or fiction:

The life expectancy of someone with IBD is not shorter

Fact. The average life expectancy is the same as for healthy people.

Fact or fiction:

IBD doesn't really exist,
but is in your mind

Fiction. It is a chronic physical disease,
which can also have an impact on
how you feel mentally.

Fact or fiction:

You can have children with IBD

Fact. Women with IBD have just as much chance of becoming pregnant as women without IBD. However, it is not recommended to become pregnant if you have an active disease.

Fact or fiction:

If you look good,
you are also doing well.

Fiction. IBD is an invisible disease.
If you look good, this does not mean
that you also feel good.

Fact or fiction:

Following a diet will cure IBD

Fiction. So far, there is no diet that has been proven to do this. Yet there are people who benefit from adapting their diet.

Fact or fiction:

You are only tired when you exceed your limits

Fiction. Fatigue is one of the most common complaints. Even when the disease is under control.

Fact or fiction:

IBD is only a matter of
severe abdominal pain

Fiction. This is one of the common complaints. But in addition to possible abdominal pain, people with IBD can also have many other symptoms.

Fact or fiction:

IBD is hereditary

Partly true. People have a certain predisposition if they have family members with IBD. Other factors also play a role. There are more people with IBD who are the only ones in the family with Crohn's disease or ulcerative colitis than there are families in which several family members have IBD.

Fact or fiction:

People with IBD can benefit from mindfulness.

Fact. People with IBD report that they can benefit from mindfulness. Scientific research is taking place into the effect of mindfulness on IBD.

Fact or fiction:

You can travel
when you have IBD

Fact. IBD does not have to be an obstacle when going on holiday. However, you do need to take medication and vaccinations into account.

Fact or fiction:

If you have IBD, you can only work part-time

Fiction. People with IBD can work part-time and full-time. However, the course of their disease sometimes requires them to work part-time.