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December 2023

## Crohn's & Colitis Awareness/IBD

Typically Crohn's and Colitis are discussed during the month of November, however, we are taking the December 1<sup>st</sup> – 7<sup>th</sup> which is Awareness week as an opportunity to discuss throughout this month as well.

Individuals who have Crohn's and colitis are typically diagnosed before the age of 30. There are two types of inflammatory bowel disease, which are Crohn's disease and ulcerative colitis. There is another though known as indeterminate colitis. More than 5 million people around the world suffer/live with these debilitating diseases.

These are diseases that cause inflammation in the lining of the GI tract and make it difficult for the body to digest food, absorb nutrients, and eliminate waste in a manner that is healthy. These diseases do not go away and an individual will be in an active phase or in a period of remission. An individual will face these symptoms throughout their lifetime.

Some of the signs and symptoms can include abdominal pain and cramping, severe diarrhea, rectal bleeding, blood in stool, weight loss and diminished appetite. Since there is no known cause for this disease, there is no cure at this time. Some of the causes and risks for the disease do include genetics, the environment, and microbiome.

Please review the below video to gain more insight into the disease.

<https://www.youtube.com/watch?v=Keqzt83KMVA>

**Dr. Mike Evans** is founder of the Health Design Lab at the Li Ka Shing Knowledge Institute, an Associate Professor of Family Medicine and Public Health at the University of Toronto, and a staff physician at St. Michael's Hospital.

What is Crohn's disease exactly? It is an inflammation that can target any part of the gastrointestinal (GI) tract, from the mouth to the anus, however, it is usually located in the lower part of the small bowel and the upper colon.

Patches of inflammation are spread out between healthy portions of the gut, and can penetrate the intestinal layers from inner to outer lining. Crohn's can also impact the mesentery, which is the network of tissue that holds the small bowel to the abdomen and contains the main intestinal blood vessels and lymph glands.

Crohn's disease can be controlled with medication, but in severe cases surgery of the small or large intestine may be required to assist with managing the disease.

Ulcerative colitis is a bit more localized than Crohn's disease as it typically affects the colon (large intestine) to include the rectum and anus, and only invades (inflames) the inner lining of bowel tissue. The typical pattern is for it to start at the rectum, and extend upwards in a continuous manner through the colon. This disease can also be controlled in most instances with medication but in those instances where it cannot, surgery to remove the entire large intestine may be required.

Unfortunately, the impact on young child or young adults life suffering with these diseases can be catastrophic. They miss out on a proper education due to symptoms so severe they miss school and the loss of work opportunities are issues as well. Facing these life factors can lead to isolation, depression, and anxiety.

Are you newly diagnosed? Watch the below video for more information

<https://www.youtube.com/watch?v=nPcpbeMWOUc&list=PLvx9WjkkBU4PW03K29hpeTh00JSj8zW2G>

There is Peer Support for you in your community as well as child and youth programs

<https://crohnsandcolitis.ca/Support-for-You/Gutsy-support/Online-peer-support>

<https://www.crohnscolitisfoundation.org/local-resources>

<https://www.crohnscolitisfoundation.org/chapters>

Are you looking for some safe IBD recipe's that help support yours or a family members disease?

Please check out the link below:

IBD Kitchen ideas:

<https://crohnsandcolitis.ca/Support-for-You/Crohn-s-and-Colitis-Canada-information-brochures/IBD-Kitchen>

<https://www.crohnscolitisfoundation.org/gutfriendlyrecipes>

Sources:

<https://crohnsandcolitis.ca/About-Crohn-s-Colitis/What-are-Crohns-and-Colitis>

<https://crohnsandcolitis.ca/Get-Involved/Building-awareness/November-is-Crohn-s-Colitis-Awareness-Month>

<https://www.bladderandbowel.org/news/crohns-colitis-awareness-week/>

<https://www.crohnscolitisfoundation.org/awarenessweek>



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## Healthy Recipe

<https://www.crohnscolitisfoundation.org/gutfriendlyrecipes-list/recipe/326611318/stir-fried-chicken-and-noodles>

### Gut Friendly Recipes Healthy Recipe

By: Crohn's & Colitis Foundation

#### Stir-Fried Chicken and Noodles

Makes: 4 Servings

Prep: 40 minute

Ingredients:

2 tbsp. canola oil, divided

600-800 grams fresh skinless chicken breast, cut into thin strips

3 carrots, peeled & cut into thin 2-inch strips

1 onion, quartered and thinly sliced

2 garlic cloves, minced

1/8 tsp salt

1 tsp paprika

1/2 tsp turmeric

1/2 tsp sugar

2 cups cooked thin rice noodles



#### Directions:

1. Heat 1 tbsp. of oil in a frying pan over medium heat. Add chicken and cook, stirring often, until browned.
2. Add carrots, onion, and garlic and cook, stirring often, until vegetables are tender.
3. In a small bowl, stir together the salt, paprika, turmeric, and sugar.
4. Add the spice mixture to the pan and stir until the chicken and vegetables are evenly covered.
5. Add the cooked rice and remaining 1 tbsp. of oil to the pan.
6. Cook, stirring often, until the noodles are warm. Serve immediately.

Gut Friendly recipe above is powered by



#### Nutrition:

**CALORIES: 374KCAL | CARBOHYDRATES: 30G | PROTEIN: 36G | FAT: 11 G |**

**SATURATED FAT: 1G | FIBER: 3G | CALCIUM: 37MG | IRON 1MG | POTASSIUM: 718MG**

Source: Gut Friendly recipes: Crohn's & Colitis Foundation

# QPIC Corner

## New to the ACO network

Home is where your health is.™



**dispatchhealth**

## Same-Day, In-Home Medical Care

DispatchHealth brings medical care to you, in the comfort of your home.

Getting the medical care you need can be inconvenient and expensive—that's why we're bringing you a new way to receive medical care. DispatchHealth offers safe, convenient and affordable medical care in your home for urgent health needs that do not require an ER visit.\* Get the care you need and recover comfortably at home.

### How It Works

- 1 Request care:** You can request DispatchHealth's services by calling 833-512-4482 or visiting our website at DispatchHealth.com. We are available 8 a.m. – 10 p.m., 7 days a week including holidays. No pre-registration required!
- 2 Explain Your Symptoms:** You'll provide a few details about your illness or injury and other information like your primary care provider's name.
- 3 A Medical Team You Can Trust:** We arrive within a few hours to provide treatment. Each team includes a nurse practitioner or physician assistant, along with a medical technician. An on-call emergency medicine physician is always available by phone for consultations.
- 4 We Take Care of the Rest:** We will call in any prescriptions you might need, update your doctor and process billing.

For non-life-threatening injuries and illnesses, call DispatchHealth at 833-512-4482.

Available 8 a.m. – 10 p.m., 7 days a week, including holidays. [www.DispatchHealth.com](http://www.DispatchHealth.com).

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### What DispatchHealth Treats

We treat simple to complex illnesses and minor injuries, all from the comfort of your home.

- Bronchitis
- COVID-19 symptoms
- Croup
- Diarrhea / Nausea / Vomiting
- Dehydration
- Fever
- Flu
- Headache / Migraine
- Nosebleeds
- Respiratory infections
- Pneumonia
- Shortness of breath with COPD
- Significant skin infections
- Strains, sprains and minor fractures
- Urinary tract infections
- Weakness
- And more

Procedures we perform include:

- EKG
- IV fluids, medications and antibiotics
- Stitches
- Splinting
- Lancing of abscess (boil)
- Advanced on-site blood testing
- Urinary catheter insertion
- Rapid infectious disease testing (flu, COVID-19, strep, mono, etc)
- And more

### What DispatchHealth Does Not Treat

If you are experiencing any of the following symptoms, call 911.

- Chest pain
- Confusion
- Hallucination
- Intentional overdose or suicidal thoughts
- Loss of consciousness
- Loss of vision
- Moderate to severe shortness of breath
- Rectal bleeding
- Severe abdominal pain
- Stroke symptoms: numbness or weakness on one side, difficulty speaking, swallowing or walking
- Vomiting blood

### An Affordable Healthcare Solution

We've got you covered.

DispatchHealth is in-network with most insurance, including Medicare and Medicare Advantage and is often the same out-of-pocket cost of an in-network urgent care center. The percentage of the total bill you're responsible for is determined by your insurance plan.

*"DispatchHealth's medical team listened to my issues, thoroughly went through the diagnosis, wrote a prescription and advised on recovery—all from the comfort of my couch. DispatchHealth is amazing!"*

— Andrea W.



Available 8 a.m. – 10 p.m.,

7 days a week, including holidays.

833-512-4482 or [DispatchHealth.com](http://DispatchHealth.com)

\*For life threatening and time sensitive injuries and illnesses, patients should call 911 or go to the nearest emergency room. DispatchHealth shouldn't be used in a life threatening emergency and doesn't replace your primary care provider. DispatchHealth complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ©2022 DispatchHealth. All Rights Reserved.

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