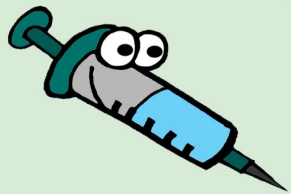


PREVENTION

◆ Managing the complications of IBD ◆



1

Primary Prevention

◆ PREVENTING DISEASE FROM DEVELOPING ◆

- ◆ Some medicines for IBD can **suppress the immune system**.
- ◆ Because of this suppression, **live vaccines** (sidebar) **should not be given to people on immunosuppressive medicines**.
- ◆ Important vaccinations that consist of **inactivated** organisms that are compatible with immunosuppressive medicines include:
 - ◆ **Influenza**
 - ◆ **Pneumonia**
 - ◆ **HPV***
- *(HPV is especially important for woman to prevent cervical cancer)
- ◆ The **Shingles** vaccine is also important, although this is a live vaccine and should be avoided by those on immunosuppressive medicine.
- ◆ Some medicines for IBD **increase sensitivity to light**.
 - ◆ It is very important to use **SUNSCREEN** when going outside and to reapply every 2 hours to prevent skin cancer.
- ◆ Calcium and vitamin D supplements help maintain bone health.



Live Vaccines

- ◆ Bacille Calmette Guerin
- ◆ Nasal influenza inhaled
- ◆ Measles, mumps, rubella
- ◆ Typhoid (oral)
- ◆ Vaccinia (smallpox)
- ◆ Varicella
- ◆ Yellow fever
- ◆ Zoster

2

Secondary Prevention

◆ EARLY DETECTION ◆



Tests to detect common IBD complications:

- ◆ **Pap smears** to test for cervical dysplasia.
- ◆ **DEXA scan** to determine bone mineral density, helping prevent osteoporosis. This is especially important for those taking steroids.
- ◆ **Skin exam** to check for skin cancer.
- ◆ **Colonoscopy** to check for inflammation of the colon and colon cancer.

3

Tertiary Prevention

◆ TREATMENT OF IBD ◆

- ◆ Treatment of inflammation, which reduces the risk of colon cancer and reduces the risk for bowel surgery.
- ◆ Immunomodulators and anti-TNF medications can lessen the symptoms of IBD.
- ◆ Improves quality of life!

