

EDUCATION

Why am I screened for anxiety and depression?

People with IBD are at an increased risk of developing anxiety and depression. Living with IBD can be challenging, but there are resources available to help you. Your medical provider can provide individualized guidance to help you live your happiest and most fulfilling life.

Why do I need routine colonoscopies?

People with IBD have a higher risk of colon cancer. Colon cancer can be prevented by removing precancerous polyps at the time of your colonoscopy. People with IBD are also recommended routine colonoscopies to ensure that they are in remission (that their colon is healed) on their medication.

Why do I need routine pap smears?

Women with IBD who are being treated with systemic immunosuppression (certain medications that suppress the immune system) have a higher risk of cervical cancer. A pap smear is recommended every year (if cytology alone) or every three years (if HPV negative) for cervical cancer screening. Early detection of cervical cancer can save your life!

Why do I need to see a dermatologist?

People with IBD (especially those who are on certain medications) have a higher risk of skin cancer, which is why seeing a dermatologist at least yearly for an evaluation is essential. Early detection of skin cancer can save your life!

Why do I need vaccines? Are they safe?

Vaccines help to prevent disease and are tested at length to ensure safety. Vaccines are recommended for the general population, and especially for those on medications that suppress the immune system.

Why may I be referred to ophthalmology?

Your GI provider will refer you to ophthalmology if there is concern for an eye problem, especially uveitis which can be associated with IBD and lead to vision loss.

Why may I need DEXA scans?

A DEXA scan is a type of X-ray that measures the thickness and strength (density) of your bones. Some risk factors for bone density loss include having IBD, prolonged steroid use, low levels of vitamin D, smoking, female gender, older age, men with low testosterone levels and low body weight. Low bone density puts you at higher risk for fractures. There are treatments that can help to slow or stop the loss of bone density. The sooner this is identified, the better!

Why should I see Chronic Care Management (CCM)?

Visits with CCM allow your GI provider to get a regular report of how you are doing to ensure that they are taking care of you at the optimal level, and that you are staying on track with your health goals. CCM can provide you with resources, give you health-related reminders and communicate with your GI provider and pharmacy as needed to ensure everyone is on the same page. CCM helps you navigate the healthcare world!