



# How IBD Can Affect the Rest of Your Body

- Inflammatory bowel disease (IBD) is mainly a disease of the bowels. But IBD and the medicine used to treat it can also affect other parts of the body like the joints, eyes, mouth, and skin. These are called extraintestinal manifestations (EIMs).
- EIMs can develop while IBD is active (when you have symptoms) or when it's inactive (when you have no symptoms). EIMs can even develop before you know you have IBD.

## JOINTS

- EIMs usually affect the large joints of the arms and legs. These joints can become red, swollen, and painful. Sometimes EIMs can affect joints in the lower back, causing pain and stiffness.
- Symptoms often get better when the IBD is treated. Medicine, physical therapy, and exercise can be helpful.

## SKIN

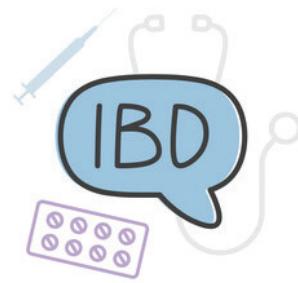
- The most common EIM of the skin is called erythema nodosum (eh-ruh-THEE-muh no-DOW-sm). It causes red or purple tender bumps, usually on the legs.
- Erythema nodosum and other EIMs of the skin usually develop when IBD is active, so symptoms will often go away when the IBD is treated.
- Sometimes topical medicine (medicine that is put directly on the skin) is used as well.

## MOUTH

- Painful sores can develop in the mouth when IBD is active.
- Most sores go away on their own within a few weeks. Others may last longer and need to be treated with topical medicine.

## EYES

- Episcleritis (eh-puh-skleh-RAI-tuhs) is a common EIM of the eyes. The eyes become red and sore, usually when IBD is active.
- Cold compresses can help to relieve the pain and redness. Eye drops may be used as well.



## IMPORTANT TIPS & RESOURCES

- Some EIMs are more serious than others and need to be treated right away.
- Be sure to talk to your healthcare professional if you notice any changes in your joints, skin, mouth, and eyes.



**More Information about EIMs of IBD**

### **IBD Clinic. University of Alberta.**

<http://www.ibdclinic.ca/what-is-ibd/comPLICATIONS/>

### **IBD Clinical and Research Centre. University of Manitoba.**

<https://www.ibdmanitoba.org/learn-more/>

### **Crohn's and Colitis Foundation.**

<https://www.crohnscolitisfoundation.org/Search for ‘extraintestinal complications of IBD.’>

## NOTES