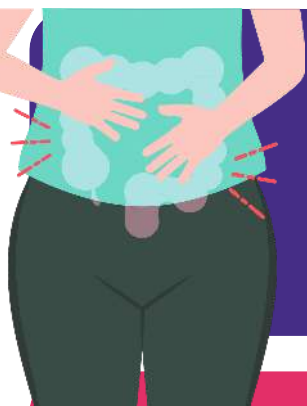


Lesser-Known Symptoms of Inflammatory Bowel Disease (IBD)



The most common symptoms of IBD, including **chronic diarrhea**, **abdominal pain**, **fatigue**, **weight loss**, and **rectal bleeding** are well recognized. However, because IBD is an inflammatory condition that affects the whole body, many people experience other symptoms that go beyond the gut. These are called **extraintestinal manifestations (EIMs)**, and they're well recognized by doctors and researchers.

SKIN

- **Erythema nodosum:** Tender red bumps, often on the shins, linked to active gut inflammation.
- **Pyoderma gangrenosum:** Deep, painful skin ulcers, usually near surgical scars or on the legs. Though rare, it's a recognized complication of IBD.



JOINTS & MUSCLES

- **Joint pain or swelling (arthritis or arthralgia):** The most common extraintestinal symptom, affecting large joints like knees, hips, and shoulders. Pain may come and go with flares.
- **Inflammation of the spine or pelvis (spondyloarthritis):** Causes stiffness or lower back pain, more often in Crohn's disease.



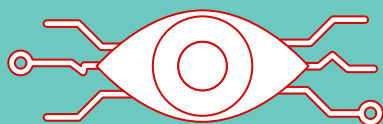
MOUTH

- **Mouth ulcers (aphthous stomatitis):** Small, painful sores that may flare up when intestinal inflammation is active.



EYES

- **Uveitis and episcleritis:** Eye inflammation that can cause redness, pain, and light sensitivity. Usually appears during active disease and improves with treatment.



WHOLE-BODY EFFECTS

- **Persistent fatigue:** One of the most common and burdensome symptoms, often caused by inflammation, anemia, or disrupted sleep.
- **Anemia and vitamin deficiencies:** Especially iron, vitamin B12, and folate, due to chronic inflammation, blood loss, or poor absorption.



GROWTH & DEVELOPMENT

- **Delayed growth or puberty:** Chronic inflammation and nutrient malabsorption can slow growth and delay puberty in children with IBD.

