Low Energy Levels Are One of the Most Important Concerns for Inflammatory Bowel Disease Patients

What Causes Low Energy Levels in Inflammatory Bowel Disease?

Iron deficiency is the most common cause of anaemia in inflammatory bowel disease. Iron deficiency can significantly reduce quality of life, reduce iron absorption, reducing iron rich foods and inflammation in the gut can impair iron absorption. Changes in diet, including iron rich foods, helps to improve iron levels and quality of life.

FIGHTING LOW ENERGY LEVELS

Inflammatory Bowel Disease

Fatigue is a common and debilitating symptom for patients with inflammatory bowel disease, leading to low energy levels and quality of life.

As many as 75%

Iron deficiency is the most common cause of anaemia in inflammatory bowel disease.

Iron deficiency affects up to 30% of patients with inflammatory bowel disease.

70%

90%

Fatigue is a common and debilitating symptom for patients with inflammatory bowel disease, leading to low energy levels and quality of life.

Iron Deficiency is common in Inflammatory Bowel Disease due to:

Low Energy Levels and Quality of Life

Fatigue and Inflammatory Bowel Disease, as Iron Deficiency Anaemia

What Causes Low Energy Levels in Inflammatory Bowel Disease?

Iron Deficiency is the most common cause of anaemia in inflammatory bowel disease due to:

Changes in diet, including iron rich foods, helps to improve iron levels and quality of life.

It is Important That You Talk to Your Doctor About Treating Both Fatigue and Inflammatory Bowel Disease, as Iron Deficiency Anaemias Is Underestimated.