

FACTS AND FICTION



**50 questions, facts and fiction**  
to open your mind about living with IBD

## **Fact or fiction:**

IBD only causes symptoms during an outbreak/inflammation

**Fiction.** You can also experience symptoms while not having a flare-up. For example, fatigue, abdominal pain, frequently having to go to the toilet.



## Fact or fiction:

IBD cannot be cured with medication

**Fact.** Unfortunately, there is no medicine that can cure IBD yet. However, medication can calm down the disease and keep it at bay.



## **Fact or fiction:**

A healthy lifestyle has an impact on IBD

**Fact.** A healthy lifestyle (healthy food, enough exercise and enough relaxation) can have a beneficial effect on IBD.



## **Fact or fiction:**

You always get a stoma if you have IBD

**Fiction.** Only if the disease cannot be controlled through medication or surgery a (temporary) stoma can offer a solution.



## **Fact or fiction:**

If you are on medication nothing will bother you any more

**Fiction.** Even with medication, you can continue to experience symptoms or suffer from side effects.



## **Fact or fiction:**

If you have IBD, you will always  
have diarrhoea

**Fiction.** This is a common complaint, but it  
does not apply to everyone.



**Fact or fiction:**

IBD is contagious

**Fiction.**





## **Fact or fiction:**

The life expectancy of someone with IBD is not shorter

**Fact.** The average life expectancy is the same as for healthy people.



## Fact or fiction:

IBD doesn't really exist,  
but is in your mind

**Fiction.** It is a chronic physical disease,  
which can also have an impact on  
how you feel mentally.



## **Fact or fiction:**

You can have children with IBD

**Fact.** Women with IBD have just as much chance of becoming pregnant as women without IBD. However, it is not recommended to become pregnant if you have an active disease.



## **Fact or fiction:**

If you look good,  
you are also doing well.

**Fiction.** IBD is an invisible disease.  
If you look good, this does not mean  
that you also feel good.



## **Fact or fiction:**

Following a diet will cure IBD

**Fiction.** So far, there is no diet that has been proven to do this. Yet there are people who benefit from adapting their diet.



## **Fact or fiction:**

You are only tired when you  
exceed your limits

**Fiction.** Fatigue is one of the most  
common complaints. Even when the  
disease is under control.



## Fact or fiction:

IBD is only a matter of severe abdominal pain

**Fiction.** This is one of the common complaints. But in addition to possible abdominal pain, people with IBD can also have many other symptoms.



## Fact or fiction:

IBD is hereditary

**Partly true.** People have a certain predisposition if they have family members with IBD. Other factors also play a role. There are more people with IBD who are the only ones in the family with Crohn's disease or ulcerative colitis than there are families in which several family members have IBD.





## **Fact or fiction:**

People with IBD can benefit from mindfulness.

**Fact.** People with IBD report that they can benefit from mindfulness. Scientific research is taking place into the effect of mindfulness on IBD.



## Fact or fiction:

You can travel  
when you have IBD

**Fact.** IBD does not have to be an obstacle when going on holiday. However, you do need to take medication and vaccinations into account.



## **Fact or fiction:**

If you have IBD, you can  
only work part-time

**Fiction.** People with IBD can work  
part-time and full-time. However,  
the course of their disease sometimes  
requires them to work part-time.

