

## Practice Sheet

### Glossary: The Alphabet Soup of Inflammatory Bowel Disease

**CD:** Crohn's disease, one type of IBD. May affect anywhere from the mouth to the anus, with inflammation and damage to some or all layers of the gastrointestinal tract.

**CDED:** Crohn's disease exclusion diet. Emphasizes gluten-free, dairy-free, freshly prepared foods without additives, especially thickeners; very low in animal fats.

**EEN:** Exclusive enteral nutrition. Sole source of nutrition is formula, which is either administered orally or by tube feed.

**IBD:** Inflammatory bowel disease. This generally refers to Crohn's disease and ulcerative colitis. This chronic inflammatory condition in the intestines causes a range of gastrointestinal and extraintestinal symptoms.

**IBS:** Irritable bowel syndrome. Patients experience functional gut symptoms including diarrhea, constipation, or both, or pain, but no specific biological pathology is noted during testing.

**IC:** Indeterminate colitis. Ten percent to 15% of people have IBD and despite testing, it's unclear whether they have Crohn's disease or ulcerative colitis.

**Low-FODMAP diet:** A short-term elimination diet to target potentially irritating foods. FODMAPs is an acronym for fermentable oligo-, di-, and monosaccharides and polyols—carbohydrates that are poorly absorbed by some people and may cause gas, bloating, diarrhea, constipation, or pain. Reducing the intake of FODMAPs often decreases gastrointestinal discomfort.

**PEN:** Partial enteral nutrition. A significant component of the diet is a nutritionally complete formula; part is solid foods.

**SCD:** Specific Carbohydrate Diet. A diet developed in the 1920s that removes complex carbohydrates and most processed foods from the diet. Evidence shows benefits in patients with IBD following the SCD.

**SVD:** Semivegetarian diet. A plant-based vegetarian diet with fish weekly and meat every two weeks. One study showed that the SVD helps patients with Crohn's disease maintain remission.

**UC:** Ulcerative colitis, one type of IBD. Generally involves inflammatory damage to the rectum or colon.

**VSL#3:** A patented multistrain probiotic with extensive research for ulcerative colitis.