

# MY JOURNAL



## Nurse Support Program for adults with moderate to severe Crohn's disease

**Indication:** CIMZIA® (certolizumab pegol) is approved to lessen the signs and symptoms of moderately to severely active Crohn's disease in adults who have not been helped enough by usual treatments.

**Important Safety Information:** CIMZIA can lower the ability of your immune system to fight infections. Some people who received CIMZIA have developed serious infections, including tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some of these serious infections have caused hospitalization and death.

Please see additional Important Safety Information on pages 47-49 and accompanying full Prescribing Information, or visit [CIMZIA.com](http://CIMZIA.com).



Inspired by **patients.**  
Driven by **science.**

# Welcome

Congratulations on your decision to participate in the CIMplicity<sup>®</sup> Nurse Support Program. Taking the time to learn more about your condition and CIMZIA<sup>®</sup> (certolizumab pegol) will help you get the most from your treatment plan.





## CIMplicity Nurse Support Program

Welcome!

The CIMplicity Nurse Support Program is designed to help you as you begin CIMZIA<sup>®</sup> (certolizumab pegol) therapy for your moderate to severe Crohn's disease (CD). Every one of us on the CIMplicity Nurse team is excited to assist you along the way. We understand that your disease, along with the ongoing efforts needed to manage it, can be challenging and stressful. We want you to know that we are here to provide a listening ear, a supportive shoulder, and information to help you successfully navigate this next stage of your CD journey. CIMplicity Nurse Support does not provide you with medical advice and does not replace the care of your healthcare provider.

This journal is an important part of this program. Not only does it contain some helpful resources, it's also designed so you can take notes. It's yours to keep—and you should keep it handy. You're going to use it every time you speak with us. If you would like, you also can share the journal with your healthcare provider. You will be referred back to your treating healthcare provider for any questions related to your individual treatment.

During our conversations, we'll provide information about CIMZIA as well as ideas and strategies for managing those things in your life that can impact your condition, such as your diet and emotional health. Most importantly, we're here to listen and answer your questions. We want our time together to be a rewarding experience for you and for us.

We look forward to helping you take this next step on your treatment journey.

Your CIMplicity Nurse Support Team

**Important Safety Information:** Patients 65 years of age or older, patients with other long-term medical conditions, or patients taking certain other drugs that affect the immune system, such as corticosteroids or methotrexate, may be at a greater risk of infection.

**Please see additional Important Safety Information on pages 47-49 and accompanying full Prescribing Information, or visit [CIMZIA.com](http://CIMZIA.com).**



CIMplicity Nurse name

---

Nurse Support phone number

**1-844-UCB-NURSE (1-844-822-6877)**

---

**Note:** this is the number that will appear in your caller ID when the CIMplicity Nurse calls you.

Use this table to keep track of your Nurse Support Session dates and times.

**Date of Nurse Support Sessions**

Initial program

---

Follow-up call 1

---

Follow-up call 2

---

Follow-up call 3

---

Follow-up call 4

---

Please see additional Important Safety Information on pages 47-49 and accompanying full Prescribing Information, or visit [CIMZIA.com](http://CIMZIA.com).

# Table of contents

<b>CIMplicity Nurse Support Program</b> .....	<b>2</b>	<b>Goals, strategies, additional information, and resources</b> .....	<b>37</b>
<b>Learning about CIMZIA® (certolizumab pegol)</b> .....	<b>5</b>	My treatment goals and strategies .....	38
What is Crohn's disease? .....	6	Reviewing and updating my treatment goals. . .	39
Learning about CIMZIA .....	8	My lifestyle goals and strategies .....	40
My resources .....	10	Reviewing and updating my lifestyle goals .....	41
Using CIMZIA .....	12	Confidence barriers and builders .....	42
CIMZIA dosing .....	14	My food tracker .....	44
My CIMZIA injection .....	15	<b>Important Safety Information you should know about CIMZIA</b> .....	<b>47</b>
<b>My lifestyle and condition</b> .....	<b>17</b>		
Anatomy of the digestive system .....	18		
The effects of Crohn's disease on the GI tract. . .	19		
Nutrition basics .....	20		
Using food labels .....	21		
Practice with food labels .....	22		
FAST FACTS—Nutrition .....	25		
Food tracking applications .....	26		
Understanding and preventing malnutrition. . .	27		
Assessing a diet .....	28		
FAST FACTS—Emotional well-being .....	31		
Stress .....	32		
Emotional concerns .....	33		
Tracking tools .....	34		
Lifestyle habits and my condition .....	36		

**Important Safety Information:** For people receiving TNF blockers, including CIMZIA, the chances of getting lymphoma or other cancers may increase. Some children, teenagers, and young adults who received TNF blockers, including CIMZIA, have developed lymphoma and other certain types of rare cancers, some of which have caused death. These cancers are not usually seen in this age group. CIMZIA is not for use in children. People with inflammatory diseases, including rheumatoid arthritis, psoriatic arthritis, or ankylosing spondylitis, especially those with very active disease, may be more likely to get lymphoma.

**Please see additional Important Safety Information on pages 47-49 and accompanying full Prescribing Information, or visit [CIMZIA.com](http://CIMZIA.com).**

**cimzia**<sup>®</sup>  
(certolizumab pegol)



# Learning about CIMZIA<sup>®</sup> (certolizumab pegol)

## In this section, you will learn:

- About CD
- About CIMZIA and how it works
- What support resources are available
- Important Safety Information about CIMZIA
- Possible side effects
- How to take your CIMZIA

**CIMplicity Nurse Support does not provide you with medical advice and does not replace the care of your healthcare provider. If you have any questions related to your individual treatment plan or medical treatment, you will be directed to share them with your treating healthcare provider.**



**Your Clinical Educator can answer questions you may have as you go through this section, so please don't hesitate to ask! In fact, here are some common questions patients frequently want to have addressed. What other questions do you have?**

- What is CD and why do I have it?
- How does CIMZIA help treat my CD?
- Where can I get some additional help or information regarding my CD?
- Can I get help to pay for CIMZIA?
- Should I be worried about side effects?
- Is it okay that I'm anxious about giving myself an injection?
- Are there ever any times when I should not take CIMZIA?
- What should I tell my healthcare provider before I start CIMZIA?

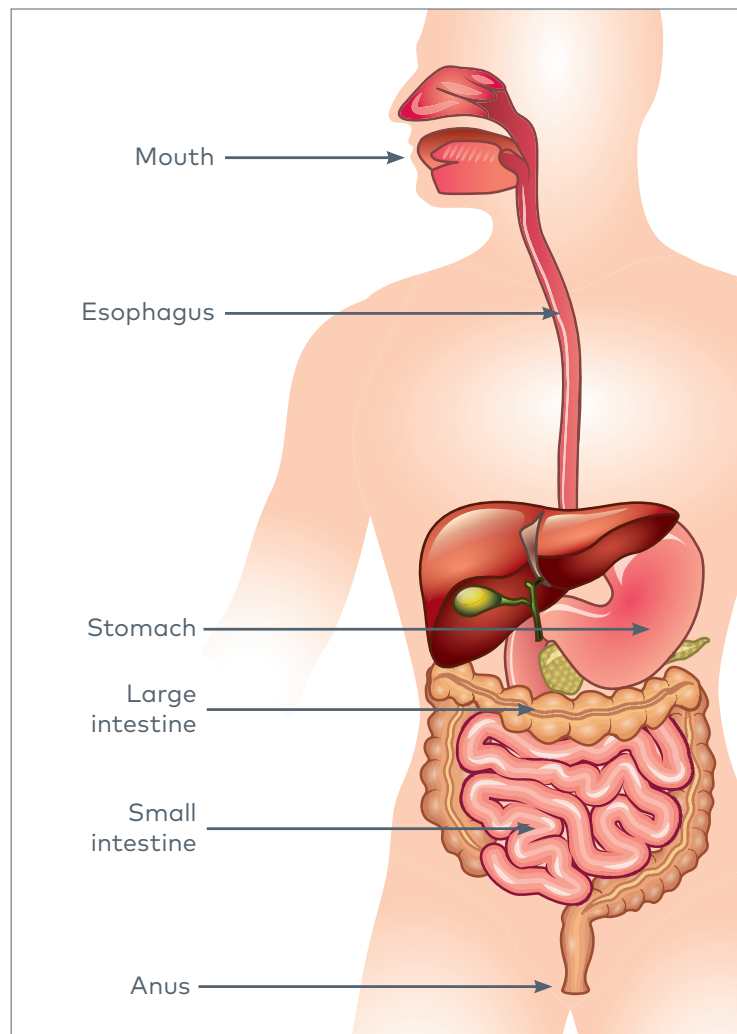
## Nurse Support Program

# What is Crohn's disease?

## How Crohn's disease affects the body

Crohn's disease (CD) is a disease that can affect any part of the digestive system.<sup>1</sup> It usually affects the end of the small intestine and the beginning of the large intestine (colon).<sup>1</sup>

Crohn's disease causes chronic inflammation of the gastrointestinal (GI) tract which can result in swelling and the development of sores or ulcers.



1. CIMZIA website. What is Crohn's Disease. Available at: <https://www.cimzia.com/crohns-disease/what-is-cd>. Accessed September 17, 2020.



## Key facts about Crohn's disease

### Background

CD is one of two conditions known as inflammatory bowel disease (the other is ulcerative colitis). The overactive immune system of someone living with CD causes the body to attack its own cells. The result is inflammation of the digestive tract. Currently, there is no known cure for CD, and the exact cause is not known. Scientists who study CD have found three factors that may make CD more likely:<sup>1</sup>

- Genetics (having a blood relative with CD)
- Overactive immune system
- Triggers from the environment

### Symptoms

When CD begins, the symptoms can interfere with normal daily activities and cause a visit to your healthcare provider (HCP). After CD is diagnosed and treated, symptoms may go away and come back in cycles. Symptoms of CD that come back are called flares. When you have a flare, you may notice one or more of these symptoms:<sup>1</sup>

- Diarrhea
- Abdominal pain
- Weight loss
- Feeling tired
- Nausea
- Loss of appetite
- Fever
- Anemia

### Goals of treatment

When your HCP makes your personal CD treatment plan, there are three key goals.<sup>2</sup>

- Reducing symptoms
- Reducing swelling in the gastrointestinal (GI) tract that can damage the body
- Improving the quality of your life

1. CIMZIA website. What is Crohn's Disease. Available at: <https://www.cimzia.com/crohns-disease/what-is-cd>. Accessed September 17, 2020.

2. Crohn's & Colitis Foundation. Crohn's Treatment Options. Available at: <https://www.crohnscolitisfoundation.org/What-is-crohns-disease/treatment>. Accessed September 17, 2020.

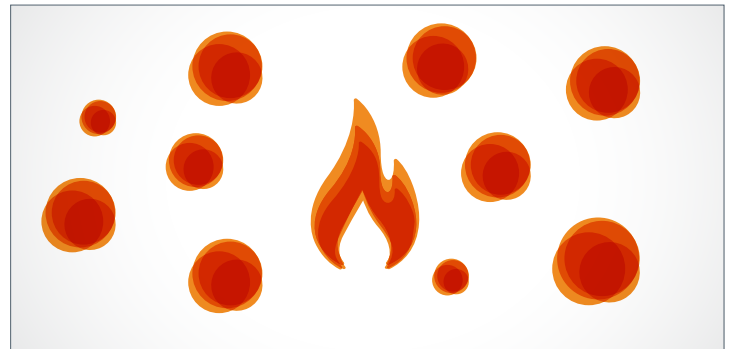
# Learning about CIMZIA

CIMZIA® (certolizumab pegol) is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker. CIMZIA is different from other TNF blockers in that it is the only PEGylated TNF blocker approved for the treatment of adults with moderate to severe CD.

## How CIMZIA works<sup>1</sup>



1. Tumor necrosis factor (TNF) is a substance the body makes to help the immune system keep infection and disease away.



4. Too much TNF can cause chronic (long-term) inflammation and swelling and the symptoms you feel. When there is too much TNF, more signals are sent to other immune cells over longer periods of time.

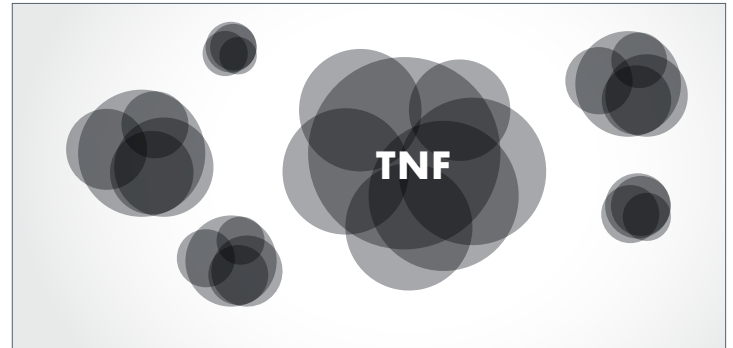
1. American College of Rheumatology. Anti-TNF Drugs. Available at: <https://www.rheumatology.org/I-Am-A/Patient-Caregiver/Treatments/TNF-Inhibitors>. Accessed September 17, 2020.

**Important Safety Information:** Some people receiving TNF-blocker medicines, including CIMZIA, have developed a rare type of cancer which may cause death, called hepatosplenic T-cell lymphoma. This type of cancer often results in death. Most of these people were male teenagers and young adult males with Crohn's disease or ulcerative colitis. Also, most of these people had been treated with *both* a TNF-blocker medicine *and* another medicine called IMURAN® (azathioprine) or PURINETHOL® (6-mercaptopurine, 6-MP).

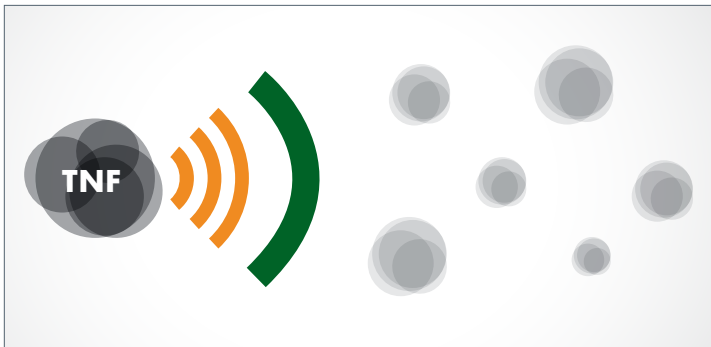
Please see additional Important Safety Information on pages 47-49 and accompanying full Prescribing Information, or visit [CIMZIA.com](http://CIMZIA.com).



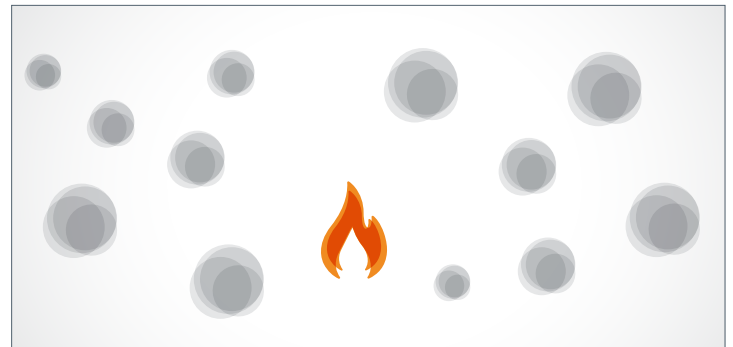
2. TNF's job is to send a signal to other immune cells to begin fighting when there is an infection. When the infection is under control, TNF stops signaling. This helps the body stay healthy.



3. In CD, the body makes too much TNF. The reason this happens is not clear.



5. CIMZIA works to block the extra signals to the other immune cells.



6. When the signals are blocked, it can reduce the symptoms you feel.

**Important Safety Information:** Some people who receive CIMZIA have developed certain types of skin cancer. Tell your healthcare provider if you develop any changes in the appearance of your skin, including growths on your skin, during or after treatment with CIMZIA. You should see your healthcare provider periodically during treatment for skin examinations, especially if you have a history of skin cancer.

Please see additional Important Safety Information on pages 47-49 and accompanying full Prescribing Information, or visit [CIMZIA.com](http://CIMZIA.com).

**cimzia**<sup>®</sup>  
(certolizumab pegol)

# My resources

## Helpful websites

### CIMZIA® Information

cimzia.com/crohns-disease

### ucbCARES®

1-844-599-CARE (2273)

E-mail [ucbcares@ucb.com](mailto:ucbcares@ucb.com)  
[askucbcares.com](http://askucbcares.com)

### myHealthTeams

[myhealthteams.com](http://myhealthteams.com)

### Crohn's & Colitis Foundation

[crohnscolitisfoundation.org](http://crohnscolitisfoundation.org)

### National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)

[niddk.nih.gov/health-information/digestive-diseases/crohns-disease](http://niddk.nih.gov/health-information/digestive-diseases/crohns-disease)

## Information for using prefilled syringes

If you will be self-injecting using CIMZIA prefilled syringes, there are a number of tools to help with your treatment. Every person is different, so you should use the tools that are most helpful to you.

- Full Instructions for Use booklet (found in the CIMZIA prefilled syringe product kit)
- Injection demonstration video on [CIMZIA.com/injection-training](http://CIMZIA.com/injection-training)
- Free sharps container (ordering information found on [CIMZIA.com](http://CIMZIA.com))

## CIMplicity is a patient support program



### Sign up at [CIMZIA.com](http://CIMZIA.com) to receive:

- A sharps container designed to fit the CIMZIA syringe with free shipping for disposal of used syringes
- Convenient medication reminders
- The latest information on your condition, plus treatment, fact sheets, and downloads

**Important Safety Information:** Heart failure, including new heart failure or worsening of heart failure, has been reported in people taking CIMZIA. Symptoms include shortness of breath, swelling of your ankles or feet, or sudden weight gain.

Allergic reactions may occur. Signs of an allergic reaction include a skin rash; swelling or itching of the face, tongue, lips or throat; or trouble breathing. The plastic needle shield inside the removable cap of the prefilled syringe contains natural rubber and may cause an allergic reaction if you are sensitive to latex.

Please see additional Important Safety Information on pages 47-49 and accompanying full Prescribing Information, or visit [CIMZIA.com](http://CIMZIA.com).

## Information about coverage

Resources are available to help with medication coverage questions. Choose the option that matches the type of coverage you have.

Your coverage	How we can help
<b>Commercial or private insurance</b> Insurance typically provided by your employer or a private insurance carrier	Call <b>1-866-4-CIMZIA</b> (1-866-424-6942, option 1) for general insurance help
<b>Government insurance</b> Medicare, Medicaid, or other government insurance plan	Call <b>1-866-4-CIMZIA</b> (1-866-424-6942, option 1) and an advocate will help you
<b>No insurance</b> If you are uninsured, other financial assistance may be available through the Patient Assistance Program (PAP)	Call <b>1-866-395-8366</b> (option 4) and we may be able to put you in touch with an independent organization that can help

## Your treatment may be available at no out-of-pocket cost

Cost shouldn't get in the way of your treatment. The CIMplicity® Savings Program may be able to help. The program allows eligible, commercially-insured patients to save on the cost of CIMZIA throughout treatment. Terms and Eligibility Criteria apply. Please visit [cimzia.com/cimplicity-program](http://cimzia.com/cimplicity-program) for more information.

### CIMZIA prefilled syringes:

You can get co-pay information for CIMZIA prefilled syringes in one of three ways:



Online by signing up  
for CIMplicity



Directly from your doctor



By calling 1-866-4-CIMZIA,  
option 1

### Benefits include:

- No income requirements
- No dollar limit per use, with a maximum annual benefit amount of \$15,000 per calendar year

### If you are uninsured:

If you do not have insurance, a patient assistance program may be able to help. Call us at 1-866-395-8366.

Please see additional Important Safety Information on pages 47-49 and accompanying full Prescribing Information, or visit [CIMZIA.com](http://CIMZIA.com).

**cimzia**<sup>®</sup>  
(certolizumab pegol)

# Using CIMZIA

## Clinical trial results

CIMZIA was studied in people living with CD who used the medication at recommended doses. The results of two clinical trials using CIMZIA in CD are below.

### **Always follow the advice of your healthcare provider when using CIMZIA.**

In a clinical trial in adult patients with moderate to severe Crohn's disease who were not helped enough by usual treatments, CIMZIA was proven versus a placebo to provide noticeable symptom relief for the majority of patients who continued to take CIMZIA for 26 weeks of treatment.<sup>1,2</sup>

In another clinical trial, some patients experienced noticeable symptom relief as fast as 6 weeks.<sup>1,3</sup>

## Important Safety Information

Before starting CIMZIA your doctor should test you for tuberculosis (TB) and assess your risk of infections including fungal infections and Hepatitis B. Ask your doctor if you have been to a region where certain fungal infections are common. Tell your doctor if you are prone to infections or develop symptoms such as fever, fatigue, cough, or sores. You should not start CIMZIA if you have an infection. The most common side effects of CIMZIA include upper respiratory infections, rash, and urinary tract infections. These are not all the possible side effects for CIMZIA. It is important to always talk to your doctor about any side effect that bothers you and does not go away, or before stopping your treatment. For a complete list of the safety and side effect information, please read the Medication Guide for CIMZIA. It is included with every prescription and can also be found at [CIMZIA.com](http://CIMZIA.com).



1. CIMZIA® (certolizumab pegol) [package insert]. Smyrna, GA: UCB, Inc.

2. Schreiber S, Khaliq-Kareemi M, Lawrance IC, et al. Maintenance Therapy with Certolizumab Pegol for Crohn's Disease. *N Engl J Med.* 2007;357:239-50.

3. Sandborn WJ, Feagan BG, Stoinov S, et al. Certolizumab Pegol for the Treatment of Crohn's Disease. *N Engl J Med.* 2007;357:228-38.

**Please see additional Important Safety Information on pages 47-49 and accompanying full Prescribing Information, or visit [CIMZIA.com](http://CIMZIA.com).**



## Results and Remission

**26 weeks**

Among the 64% of clinical trial patients who saw results with CIMZIA at 6 weeks, **63% continued to see results and 48% achieved remission at 26 weeks.**\*

\*Vs. 36% of placebo patients and 29% of placebo patients at 26 weeks, respectively.



## Improved Quality of Life

**6 out of 10** people who saw results with CIMZIA reported improvement in the following areas at **6 months**<sup>†</sup>:

- Bowel symptoms
- Feelings of fatigue
- Emotional distress
- Engagement in social activities

<sup>†</sup>60% of CIMZIA patients at 6 months vs. 43% of placebo patients.

Of the 24% of clinical trial patients who had previously been on anti-TNF therapy, **44%** responded to CIMZIA at **26 weeks.**<sup>‡</sup>

<sup>‡</sup>Vs. 25% of placebo patients and among those patients who responded to CIMZIA at 6 weeks.

Results may vary; every person taking CIMZIA is different and responds differently to therapy.

**Important Safety Information:** Use of TNF blockers, including CIMZIA, may increase the risk of hepatitis B virus reactivation in patients who carry the virus in their blood. In some cases, patients have died as a result of hepatitis B virus being reactivated. Symptoms include feeling unwell, skin or eyes looking yellow, tiredness (fatigue), poor appetite or vomiting, and pain on the right side of your stomach (abdomen).

Please see additional Important Safety Information on pages 47-49 and accompanying full Prescribing Information, or visit [CIMZIA.com](http://CIMZIA.com).

**cimzia**<sup>®</sup>  
(certolizumab pegol)

# CIMZIA dosing

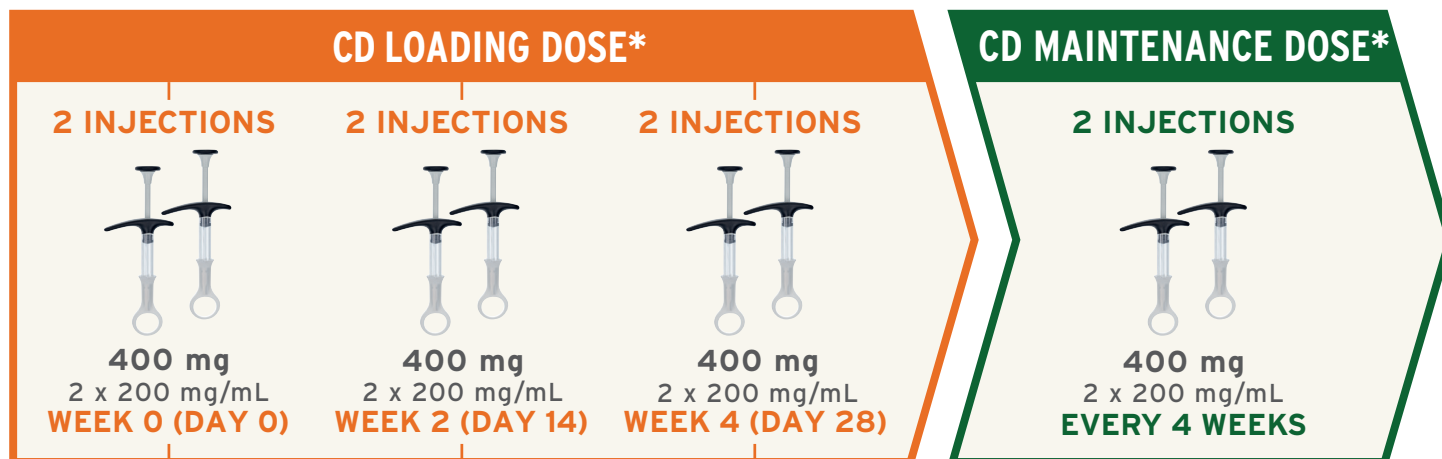
## Recommended dosing for Crohn's disease<sup>1</sup>

There are two usual phases for CIMZIA dosing in CD: loading dose and maintenance dose. Every prefilled syringe contains 200 milligrams of CIMZIA.

For loading dose, use two injections at week 0 (day 0), week 2 (day 14), and week 4 (day 28).

Then move to maintenance dosing. Most people who have CD use two injections every four weeks.

Always follow the instructions you receive from your doctor.



\*For subcutaneous administration

Syringe designed in partnership with  **GOOD GRIP<sup>®</sup>**

1. CIMZIA<sup>®</sup> (certolizumab pegol) [package insert]. Smyrna, GA: UCB, Inc.

**Important Safety Information:** New or worsening of nervous system problems may occur, such as multiple sclerosis, Guillain-Barre syndrome, seizures, or inflammation of the nerves of the eyes. Symptoms include dizziness, numbness or tingling, problems with your vision, and weakness in your arms or legs.

Please see additional Important Safety Information on pages 47-49 and accompanying full Prescribing Information, or visit [CIMZIA.com](http://CIMZIA.com).



# My CIMZIA injection

## Prefilled syringe — step-by-step instructions for use

Read the Instructions for Use booklet that comes with CIMZIA® (certolizumab pegol) before you start receiving it, and before each injection of CIMZIA. The Instructions for Use booklet does not take the place of talking with your healthcare provider about your medical condition or treatment.

**Do not share your CIMZIA prefilled syringe with needle attached with another person. You may give another person an infection or get an infection from them.**

**For video instructions go to [CIMZIA.com/injection-training](https://www.cimzia.com/injection-training)**



**We are available to answer questions** you may have about your treatment. Call 1-866-4-CIMZIA (1-866-424-6942), option 2. Experienced and caring professionals are looking forward to helping you.

## Checklist before receiving a biologic medication

If you answer YES to any of these questions, check with your healthcare provider first before proceeding with your scheduled medication.

- Are you showing signs of or being treated for an infection?**  
**Examples may include:** fever, flu-like symptoms, muscle aches, cough, feeling very tired, diarrhea, burning when you urinate or urinate more often than normal.
- Have you ever tested positive for tuberculosis (TB) or have come in contact with someone with TB or have traveled to a country that has more risk of getting TB?**
- Have you had surgery recently or are you going to have surgery?**
- Are you scheduled to receive a vaccine?**  
**Do not receive a live vaccine while taking a biologic medication.**  
**Examples may include:** measles, mumps, rubella, vaccinia (smallpox), varicella or zoster (chicken pox), yellow fever, rotavirus, and influenza (intranasal).



**Note:** This checklist is by no means all-inclusive. Always refer to your medication guide included in the accompanying full prescribing information and talk to your healthcare provider before and during treatment with your medication.

**Important Safety Information:** There have been rare reports of blood problems with CIMZIA use. Your body may not make enough of the blood cells that help fight infections or help stop bleeding. Symptoms include a fever that does not go away, bruising or bleeding very easily, or looking very pale.

**Please see additional Important Safety Information on pages 47-49 and accompanying full Prescribing Information, or visit [CIMZIA.com](https://www.cimzia.com).**

**cimzia**<sup>®</sup>  
(certolizumab pegol)





# My lifestyle and condition

## Lifestyle management objectives

The CIMplicity Nurse Support Program was created to help you manage your condition. The program offers information about CD and provides tips for managing nutrition and emotional health while living with CD.

### This section will help you:

- Describe the basics of nutrition
- Explain how normal digestion occurs and how CD impacts that process
- Explain common facts and fiction about diet and CD
- Identify known and potential foods that may irritate your system during a flare
- Develop dietary strategies during a flare
- Identify coping strategies for your condition

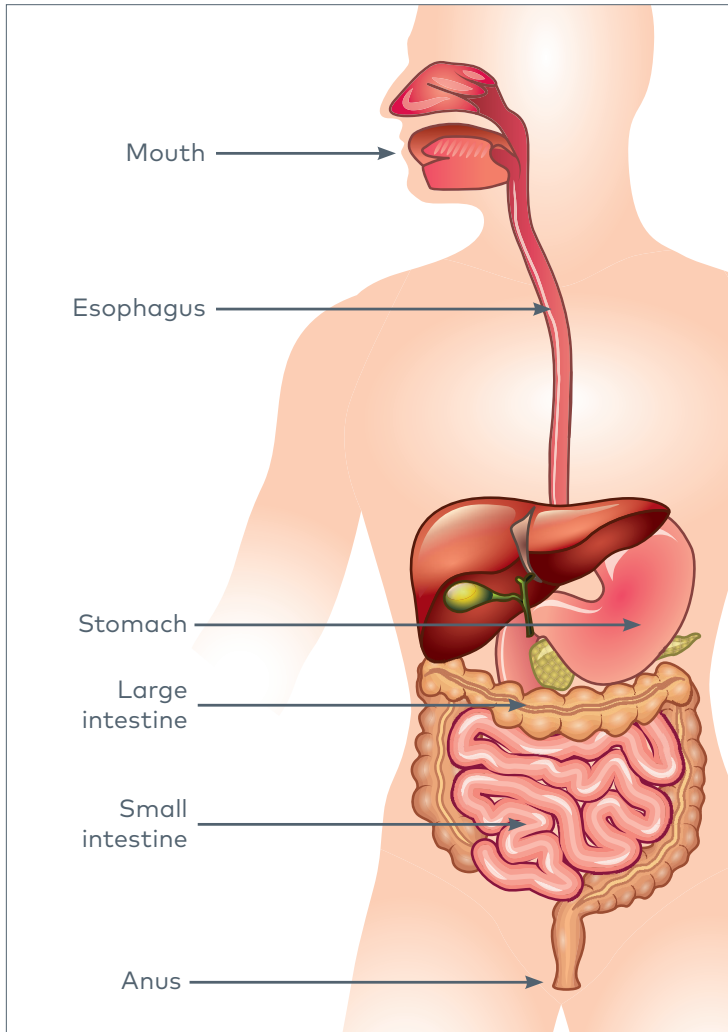
Your Clinical Educator can answer questions you may have as you go through this section, so please don't hesitate to ask! In fact, here are some common questions patients frequently want to have addressed. What other questions do you have?

- How does CD affect my body?
- How does my diet impact my disease?
- What can I do to make sure I'm getting the nutrients I need with my condition?
- How does stress and my emotional health impact my condition?
- How does smoking or drinking affect my CD?



# Nurse Support Program

# Anatomy of the digestive system



## The digestive system<sup>1</sup>

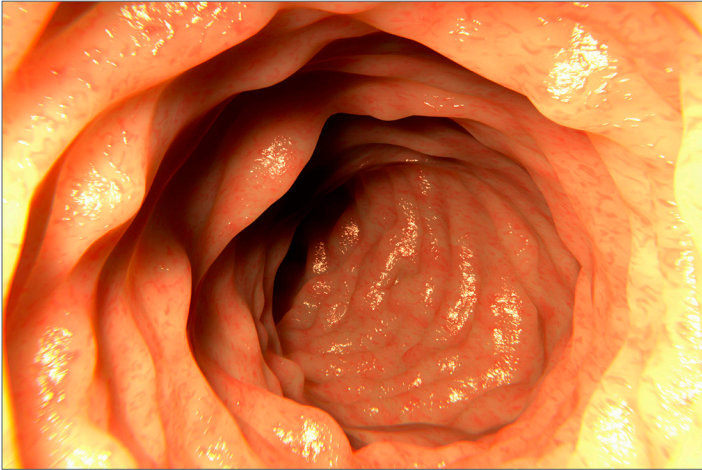
The digestive system is made up of several hollow organs that are connected. The organs work together to:

- Break down the foods and liquids you eat
- Absorb the nutrients and water the body needs to stay healthy
- Remove wastes

1. Crohn's & Colitis Foundation. What is Crohn's Disease? Available at: <https://www.crohnscolitisfoundation.org/what-are-crohns-and-colitis/what-is-crohns-disease/>. Accessed September 17, 2020.

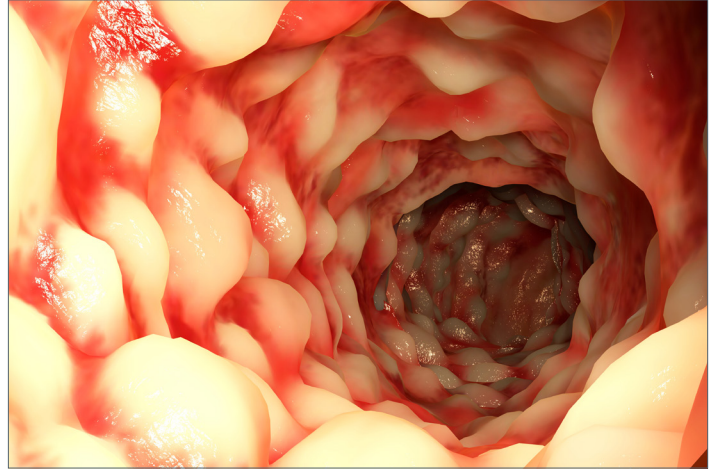
# The effects of Crohn's disease on the GI tract

## Healthy digestive system<sup>1</sup>



A healthy GI system is made up of organs that are smooth. As the foods and liquids pass through, the healthy organs break down food and absorb nutrients and water.

## Digestive system with Crohn's disease<sup>1</sup>



In CD, one or more sections of the digestive system are red, swollen and inflamed. Depending on where the lesions are, CD can lead to:

- Weight loss
- Nutrient deficiencies
- Growth problems
- Dehydration

Serious complications can also happen, including strictures (narrowing of the GI tract), fissures, and fistulas, that may result in the need for surgery.

1. Crohn's & Colitis Foundation. What is Crohn's Disease? Available at: <https://www.crohnscolitisfoundation.org/what-are-crohns-andcolitis/what-is-crohns-disease/>. Accessed September 17, 2020.

# Nutrition basics

When we eat, food and liquids are broken down into macronutrients and micronutrients. Larger amounts of macronutrients are needed every day for energy, to build muscle, and to keep cells healthy. Smaller amounts of micronutrients are needed in your daily diet for growth, to process energy, and for overall health.

## Macronutrients<sup>1</sup>

### Carbohydrates

Carbohydrates (carbs) are the body's fast-acting fuel source. The brain uses carbs as its only source of fuel.

### Fiber

Fiber, a type of carbohydrate, can be soluble (dissolving in water) or insoluble.

- **Soluble fiber** forms a gel-like substance in the gut. It slows down movement through the bowel
- **Insoluble fiber** is found in the skin of most fruits and vegetables. It makes food move more quickly through the bowel

### Proteins

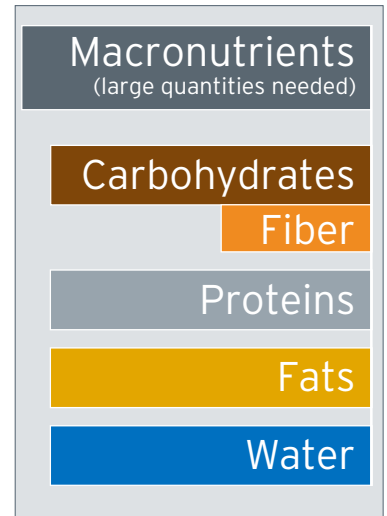
Proteins are building blocks needed by the body. They are used to make muscle, bone, parts of cells, enzymes, and hormones.

### Fats

Fats are a concentrated fuel source. Fats help insulate the body and cushion organs.

### Water

The human body is made up of up to 60 percent water. Water is included in the foods and liquids consumed in your daily diet.



## Micronutrients

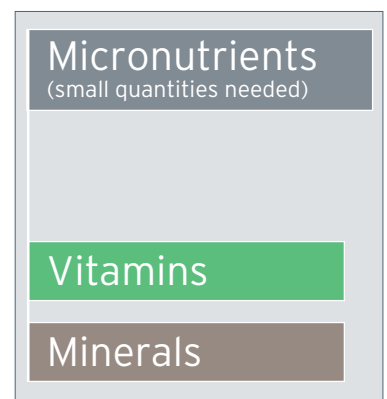
Micronutrients are vitamins and minerals the body cannot make and must get from the foods and liquids in your daily diet. Getting enough of the recommended micronutrients is very important for normal health and development. To be sure the body is getting all of the needed micronutrients, it is important to include a variety of foods in your diet.<sup>2</sup>

### Vitamins

Vitamins help with growth and normal development. Some vitamins can prevent or delay cell damage or help the body use macronutrients.

### Minerals

Minerals are used by the body to keep bones, muscles, the heart, and the brain working properly.



1. Fahey TD, Instel M, Roth WT. Nutrition. In: Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness. 8th ED. Columbus, OH: McGraw Hill Education; 2008;224-272.

2. Marieb E. and Hoehn, J. Human Anatomy & Physiology, 10th ed. Boston, MA: Pearson Education; 2016.

# Using food labels

A food label contains lots of important information. It is designed to help you make good choices for your overall nutrition.

## Tips for success in using food labels<sup>1</sup>

Use these tips to get the most from food labels and to be sure the foods and liquids in your diet fit your personal needs.

1. Check the serving size and number of servings in the container. If you plan to eat more or less than the normal serving size, adjust all of the label information by multiplying or dividing based upon what you will eat.
2. Check the total calories of the amount you will eat to be sure it fits within your personal daily plan. Too few or too many calories will cause weight changes.
3. Review each of the macronutrients to be sure you're getting enough and not too much.
4. Review the micronutrients to be sure you're getting enough of the essential micronutrients without getting too much.
5. Use the Percent Daily Value as a guide to meet your needs.
  - The macronutrient percentages are based on a 2,000-calorie diet—your calorie needs may be different
  - The percentages can help you quickly identify foods and liquids that have high amounts or low amounts of specific nutrients. If you are trying to limit or choose foods high in a particular nutrient:
    - **5% Daily Value or less is considered low**
    - **20% Daily Value or more is considered high**
6. There are many different types of fats, and some are better than others for individuals with CD. Talk to your doctor or dietitian about the types and amount of fat that is best for you.
7. Foods rich in fiber, particularly soluble fiber, are beneficial to gut and heart health. However, individuals with CD may find that foods high in insoluble fiber further irritate their condition. Talk to your doctor or dietitian about the types and amount of fiber that is best for you.

## A serving of oatmeal

Nutrition Facts		
1.	About 22 servings per container <b>Serving Size 1/2 cup uncooked (40g/1.4oz)</b>	
Amount per serving		
2.	<b>Calories</b>	<b>150</b>
		<b>% Daily Value*</b>
6.	<b>Total Fat</b> 2.5g	<b>4%</b>
	Saturated Fat 0.5g	<b>3%</b>
	Trans Fat 0g	
	<b>Cholesterol</b> 0mg	<b>0%</b>
3.	<b>Sodium</b> 0mg	<b>0%</b>
7.	<b>Total Carbohydrate</b> 27g	<b>9%</b>
	Dietary Fiber 4g	<b>16%</b>
	Sugars 1g	
	Includes 0g Added Sugars	<b>0%</b>
	<b>Protein</b> 6g	
4.	Vitamin D 0 mcg	0%
	Calcium 20mg	2%
	Iron 4mg	25%
	Potassium 150mg	2%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

1. US Food and Drug Administration. How to Understand and Use the Nutrition Facts Label. Available at: <http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm#overview>. Accessed September 16, 2020.

# Practice with food labels

Use the tips for success in using food labels to review important information from the labels below. Consider the questions below each label.

## A serving of broccoli



<b>Nutrition Facts</b>	
Serving Size 1 cup	
Amount per serving	
<b>Calories</b>	<b>31</b>
	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 30mg	<b>1%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	<b>6%</b>
Vitamin D 0mcg	0% • Calcium 47 mg 4%
Iron .73mg	6% • Potassium 316 mg 8%
Vitamin A 623IU	11% • Vitamin K 102ug 116%
Niacin .65mg	5% • Folate 63ug 14%
Phosphorus 66mg	9% • Magnesium 21mg 5%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

1. How many grams of the macronutrients below are included in a serving of broccoli?

Carbohydrates:

Proteins:

Fats:

2. Which of the micronutrients listed on the label would be considered a high amount (having a Percent Daily Value of 20% or more)?

## A serving of skim milk



<b>Nutrition Facts</b>	
Serving Size 1 cup	
Amount per serving	
<b>Calories</b>	<b>91</b>
	% Daily Value*
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 130mg	<b>5%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 12g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 9g	<b>18%</b>
Vitamin D 5mcg	30% • Calcium 361mg 32%
Iron .1mg	0.7% • Potassium 419mg 12%
Vitamin A 623IU	11% • Zinc 1.2mg 7%
Vitamin C 27mg	3.3% • Folate 12mcg 3%
Phosphorus 250mg	26% • Magnesium 37mg 9%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

1. How many grams of the macronutrients below are included in a serving of skim milk?

Carbohydrates:

Proteins:

Fats:

2. Milk provides 32% of Calcium and 30% of Vitamin D. These nutrients are needed to keep bones strong and healthy. If you were unable to drink milk, how could you replace the nutrition that milk gives?



## A serving of orange juice



<b>Nutrition Facts</b>	
Serving Size 8 oz	
Amount per serving	
<b>Calories</b>	<b>122</b>
	% Daily Value*
<b>Total Fat</b> 0.3g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 28.73g	<b>10%</b>
Dietary Fiber 0.7g	<b>3%</b>
Sugars 20.69g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1.69g	<b>3%</b>
Vitamin D 0mcg	0% • Calcium 305mg 27%
Iron .1mg	0.3% • Potassium 0mg 0%
Vitamin A 100mcg	105% • Thiamin 0mg 0.1%
Vitamin C 687mg	84% • Niacin .1mg 0.7%
Phosphorus 404mg	42% • Magnesium 200mg 27%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## A serving of ground beef



<b>Nutrition Facts</b>	
Serving Size 3 oz	
Amount per serving	
<b>Calories</b>	<b>212</b>
	% Daily Value*
<b>Total Fat</b> 13g	<b>20%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 75mg	<b>25%</b>
<b>Sodium</b> 61mg	<b>3%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 22g	<b>44%</b>
Vitamin D .1mcg	0.5% • Calcium 17mg 1.5%
Iron 4mg	11% • Potassium 270mg 8%
Vitamin A 11IU	0.2% • Vitamin K 1mg 1%
Zinc 1.2mg	33% • Niacin 3.5mg 25%
Phosphorus 164mg	17% • Magnesium 37mg 5%
Folate 12mcg	2% • Vitamin B12 .8mcg 33%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

1. How many grams of the macronutrients below are included in a serving of orange juice?

Carbohydrates:

Proteins:

Fats:

2. Which of the nutrients listed on the label would be considered a high amount (having a Percent Daily Value of 20% or more)?

1. For each of the macronutrients below, what is the Percent Daily Value in a serving of ground beef?

Carbohydrates:

Proteins:

Fats:

2. If you were planning to limit fat in your diet, would this be a good choice?



# FAST FACTS—Nutrition

**There are many myths about CD and foods. Let's review seven nutrition fast facts about CD.<sup>1</sup>**

1. Some foods can worsen disease symptoms. It is important to learn to choose foods to help you minimize diet-related problems while maintaining a healthy diet
2. During a flare, you may need to alter your diet. Certain foods or drinks may irritate the digestive tract and make symptoms worse. Many people living with CD have trouble with high-fiber fruits, vegetables with tough skins, grains, seeds, nuts, and high-fat foods during flares
3. CD cannot be cured by a special diet. During a flare, eating smaller meals more often can help
4. Soluble fiber found in oatmeal, legumes, and some fruits and vegetables can help with digestion and reduce diarrhea
5. The body needs some fats for good health—choose Omega-3 fatty acids or smooth nut butters
6. Highly processed, high-fat meats can be difficult to digest during a flare
7. Nutritional supplements and vitamins may be recommended for patients as part of a specific dietary plan



## What does this mean for me?

Every individual's experience with CD is different. You and your doctor, along with a dietitian, can create a diet plan that's best for you. This could include special types of diets such as those that are high calorie, lactose free, low fat, low fiber, or low salt. Your doctor may also recommend that you take nutritional supplements and vitamins as part of your specific dietary plan. Talk to your doctor before taking any supplements or vitamins.<sup>2</sup> You may need to do your part by becoming familiar with food labels, tracking your responses to the foods you eat, and sharing that information with your healthcare team.

1. Crohn's & Colitis Foundation of America. Diet, Nutrition, and Inflammatory Bowel Disease. New York, NY; 2013. Brochure available at <http://www.crohnscolitisfoundation.org/resources/diet-nutrition-ibd-2013.pdf>. Accessed September 17, 2020.

2. National Institute of Diabetes and Digestive and Kidney Diseases. Eating, Diet, & Nutrition for Crohn's Disease. Available at: <https://www.niddk.nih.gov/health-information/digestive-diseases/crohns-disease/eating-diet-nutrition>. Accessed September 17, 2020.

# Food tracking applications

Tracking your foods and nutrients can have a positive effect on overall health.

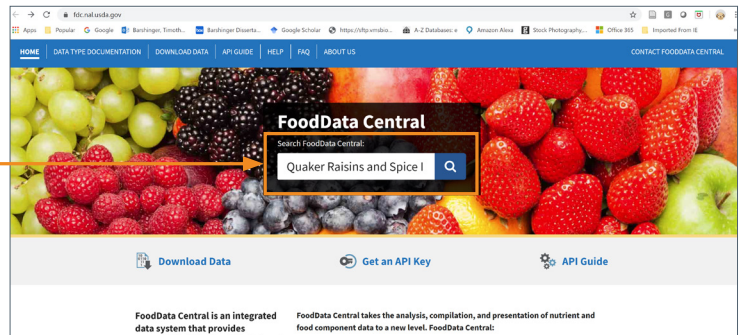
Keeping track of what you eat and when can be very helpful. It allows you to look back and see patterns about food triggers or what you ate that was easy on your system while you were in a flare. Some tracking apps and websites can also help you monitor the amount and types of vitamins, minerals, and other nutrients you consume. This is an important strategy for people with CD as it can prevent potential malnutrition. Track the information in the way that works best for you. Some people use a notebook or spreadsheet. Others may choose an app on a smartphone or computer.

You also should feel free to check with your healthcare provider for a recommendation.

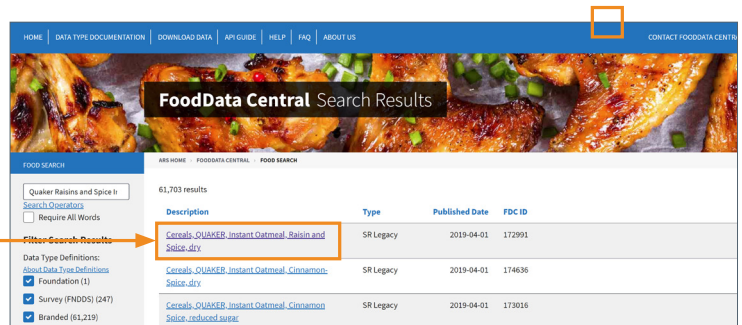
## Using the USDA's FoodData Central database

1. Go to: [fdc.nal.usda.gov](https://fdc.nal.usda.gov)

2. Simply type in a food you want to research. You can enter a broad term such as "oatmeal" for general food information or refine your search to a specific product name such as "Quaker Raisins and Spice Instant Oatmeal."



3. Click on any of the listed results to get detailed nutritional information about the food.



4. For most results, you can choose different portion sizes. The database shows how much of each nutrient is in the food for that portion size.

Name	Amount	Unit	Deriv. By	n	Source	Min	Max	Medi
Water	3.63	g	Analytical	4		3.57	3.74	
Energy	155	kcal	Manufacturer supplied; Calculated by manufacturer or unknown if analytical or calculated					
Energy	648	kJ	Manufacturer supplied; Calculated by manufacturer or unknown if analytical or calculated					
Protein	3.92	g	Analytical	4		3.82	4.06	
Total lipid (fat)	1.72	g	Analytical	4		1.59	1.85	
Ash	1.19	g	Analytical	4		1.16	1.21	
Carbohydrate, by difference	32.5	g	Calculated					
Fiber, total dietary	2.49	g	Analytical	1				
Sugars, total including NLEA	15.3	g	Analytical	2		15.2	15.4	
Sucrose	6.62	g	Analytical	2		6.43	6.82	
Glucose (dextrose)	3.27	g	Analytical	2		3.09	3.44	
Fructose	3.31	g	Analytical	2		3.18	3.44	

# Understanding and preventing malnutrition<sup>1</sup>

Knowing how to read food labels, tracking foods, and understanding how to access nutrient information are important for recognizing and managing those foods that can make flares worse. However, these skills are important for another reason. People with CD are at increased risk for malnutrition and serious vitamin deficiencies.

Common symptoms of CD, such as severe diarrhea, rectal bleeding, and frequent bowel movements, can contribute to malnutrition and vitamin deficiencies because the body loses nutrients. Other CD symptoms such as nausea and abdominal pain can lead to an individual eating less than they should, which makes the problem worse.



## Signs of malnourishment



Under-eating and/or severely restricting the variety and types of foods eaten



Weight loss



General fatigue and low energy



Weakness



Loss of muscle mass



Vitamin and mineral deficiency

When experiencing a flare, many people with CD tend to limit themselves to a few foods they can best tolerate. This can be a good strategy if it is done with the help of a doctor or a dietitian trained to help those with CD. However, if not done properly, limiting foods during a flare can also contribute to malnutrition and vitamin deficiency.

Talk to your doctor about developing an eating plan that works for you.

1. Crohn's & Colitis Foundation. Malnutrition and IBD. Available at: <https://www.crohnscolitisfoundation.org/diet-and-nutrition/malnutrition-and-ibd>. Accessed September 28, 2020.

# Assessing a Diet



Angela is a 30-year-old woman who has been in a CD flare for the last two weeks. She has found that if she limits her diet to just a few foods, she is able to tolerate and manage the diarrhea and nausea. This current flare has been bad enough though that even some of her previous “safe” foods are causing problems. She has also stopped taking her vitamins as they irritate her stomach and has replaced them with a nutritional drink. Angela has not been to see her doctor in a few months as she has recently lost her health insurance. Though she has not shared her flare diet with her doctor, she feels that since she is managing her symptoms, she will be okay until the flare passes.

## Angela’s current daily diet consists of the following:

- 1 serving of plain oatmeal at breakfast
- 1 bottle of a nutrition drink and a banana for lunch
- 2 servings of canned chicken noodle soup and another banana for dinner

Take a look at the food labels for Angela’s diet. Compare it to the recommended nutritional goals for a woman her age.

## Questions to think about:

- Is Angela at risk for malnutrition?
- If so, which nutrients is she not getting enough of?
- What are some things Angela could do to avoid a risk of malnutrition?

## Recommended daily nutritional goals for a 30-year-old female<sup>1</sup>

*\*Based on 2000-calorie diet*

- Protein 46g
- Carbohydrates 130g
- Dietary fiber 28g
- Total fat 20-35g
- Calcium 1000mg
- Iron 18mg
- Magnesium 310mg
- Potassium 4700mg
- Sodium 2300mg
- Zinc 8mg
- Vitamin A 700mcg RAE
- Vitamin B6 1.3mg
- Vitamin B12 2.4mcg
- Vitamin C 75mg
- Vitamin D 600 IU
- Vitamin E 15mg AT
- Vitamin K 90mcg
- Thiamin 1.1mg
- Riboflavin 1.1mg
- Niacin 14mg
- Folate 400mcg DFE

1. US Office of Disease Prevention and Health Promotion. Nutritional Goals for Age-Sex Groups Based on Dietary Reference Intakes and Dietary Guidelines Recommendations. Available at: <https://health.gov/dietaryguidelines/2015/guidelines/appendix-7/>. Accessed September 17, 2020.

## One serving of plain oatmeal



<b>Nutrition Facts</b>	
About 22 servings per container	
<b>Serving Size 1/2 cup uncooked (40g/1.4oz)</b>	
Amount per serving	
<b>Calories</b>	<b>150</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
Dietary Fiber 4g	<b>16%</b>
Soluble Fiber 0.5g	
Insoluble Fiber 3g	
Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 6g	
Vitamin D 0mg	0%
Calcium 23mg	2%
Iron 9mg	25%
Potassium 150mg	2%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Medium-sized banana



<b>Nutrition Facts</b>	
Serving Size 1 medium (7" to 7-7/8" long)	
Amount per serving	
<b>Calories</b>	<b>105</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 0g	<b>1%</b>
Saturated Fat 0g	<b>1%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 1mg	<b>0%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 14g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mg	0%
Calcium 6mg	1%
Iron 0.3mg	2%
Potassium 422mg	12%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## One bottle of a nutrition drink



<b>Nutrition Facts</b>	
1 serving per container	
<b>Serving Size 1 bottle (8oz)</b>	
Amount per serving	
<b>Calories</b>	<b>220</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> <5mg	<b>&lt;2%</b>
<b>Sodium</b> 200mg	<b>8%</b>
<b>Total Carbohydrate</b> 32g	<b>11%</b>
Dietary Fiber <1g	<b>&lt;4%</b>
Sugars 15g	
Includes 11g Added Sugars	<b>23%</b>
<b>Protein</b> 9g	
Vitamin D 4mcg 80% • Vitamin A 225mcg 25% • Vitamin C 45mg 50%	
Calcium 300mg 30% • Iron 5mg 25% • Potassium 282mg 6%	
Vitamin E 4mg 25% • Vitamin K 43mcg 25% • Thiamin .3mg 25%	
Riboflavin .33mg 25% • Niacin 4mg 25% • Vitamin B <sub>6</sub> .43mg 25%	
Folate 100mg 25% • Vitamin B <sub>12</sub> .6mcg 25% • Biotin 8mg 25%	
Pantothenic Acid 1.3mg 25% • Phosphorus 313mg 25% • Iodine 38mg 25%	
Magnesium 105mg 25% • Zinc 3mg 25% • Selenium 14mg 25%	
Copper .2mg 25% • Manganese 1.4mg 60% • Chromium 9mcg 25%	
Molybdenum 23mg 50% • Chloride 184mg 8%	

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## One serving of chicken noodle soup



<b>Nutrition Facts</b>	
About 2.5 servings per container	
<b>Serving Size 1/2 cup (120 mL) Condensed Soup</b>	
Amount per serving	
<b>Calories</b>	<b>60</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 890mg	<b>39%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mg	0%
Calcium 10mg	0%
Iron 0.6mg	2%
Potassium 30mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.





# FAST FACTS—Emotional well-being

**There are many myths about CD. Let's review two emotional health fast facts about CD.<sup>1</sup>**

1. Stress does not cause CD, but it can decrease the body's resistance to inflammation
2. Feeling guilty about CD can make it difficult to cope with all of the things that are needed to stay healthy



1. Crohn's & Colitis Foundation of America. CCFA Fact Sheet: Emotional Factors. Irwin M. and Suzanne R. Rosenthal IBD Resource Center. Available at: <https://www.crohnscolitisfoundation.org/sites/default/files/legacy/assets/pdfs/emotional.pdf>. Accessed September 17, 2020.



# Stress<sup>1</sup>

## Symptoms of stress

Having a long-term health condition like CD can be stressful. There is a lot to do to manage symptoms and follow the treatment plan recommended by your healthcare provider. Some common symptoms of stress include:

- Digestive issues
- Headaches
- Sleeplessness
- Changes in mood
- Anger and irritability

## Tips for coping with stress

Because CD is a lifelong condition, it is important to have a plan to cope with stress even if your life currently is not stressful. Over time many things can change that can cause stress. Making a good plan now can help you whenever stress is present. Consider these tips when making your plan:

- **Stay in touch with your support system**—Family and friends who care about you are important people to lean on when you are not at your best
- **Set priorities and stick to them**—Stress is common when someone takes on too much. It is important to learn to say no when needed and to focus on what you have accomplished instead of what still needs to be done
- **Schedule time for yourself**—One of the biggest ways stress can take over is when you don't take care of yourself. If you are not your best, you won't be good for others. Be sure to exercise regularly and get the health check-ups you need
- **Explore stress-coping programs**—Many people enjoy coping programs, including meditation, yoga, and tai-chi. Always check with your healthcare provider before beginning a new physical activity

1. National Institute of Mental Health. 5 things you should know about stress. Available at: <https://www.nimh.nih.gov/health/publications/stress/index.shtml>. Accessed September 16, 2020.

# Emotional concerns

## Symptoms of emotional concerns

Living with CD can cause mood changes over time. Sometimes mood changes can lead to symptoms of important emotional concerns that can be overwhelming. If you notice any of these symptoms, it is important to talk with your healthcare provider right away.

Potential symptoms of emotional concerns include:

- Having sad, anxious, or "empty" feelings that won't go away
- Feeling hopeless
- Feeling guilty, worthless, or helpless
- Being irritable or restless
- Losing interest in one or more activities you enjoyed in the past
- Being tired or without energy
- Having trouble concentrating, remembering details, or making decisions
- Having changes in appetite

**If you think you have one or more of these symptoms, it is important to contact your healthcare provider right away.**

## Coping with emotional concerns

There are many things you can do to help cope with mood changes related to your CD. **The first and most important thing you can do to begin to feel better is to talk with your healthcare provider and follow the recommended plan. Don't delay this step to begin feeling better soon.**

**Other things to do include:**



Be active. Exercise or go to other activities you once enjoyed



Break up large tasks into smaller steps that that can provide a quicker sense of accomplishment



Set realistic goals for yourself and work on them a little at a time



Expect your mood to improve gradually, not immediately



Spend time with other people you trust and tell them about your symptoms; avoid isolating yourself



Do not expect to suddenly "snap out of it"

# Tracking tools



## Lifestyle resources

Using various lifestyle resources that help you manage your diet, promote regular physical activity, and provide venues to connect with other CD patients can have a positive effect on your symptoms, your attitude, and your overall health.

## Diet and physical activity

No matter what kind of activity you choose to do, there are many electronic resources available to support your efforts and help you keep moving and making good food choices. There are several wearable devices that track steps and other activities. Many link with smartphone and computer apps that send reminders, graph progress, and allow sharing with friends or family members. There also are many apps available to

help you track the food you eat. Search your app store, or check out the resources recommended by non-profit organizations.

And, of course, you should always feel free to talk with your healthcare provider about any issues or concerns you have. If you don't want to use an electronic app, you might like the sample tracker included in the back of the journal.

## Advocacy and support groups

Support groups are a great way to connect with others like you, who have the same issues and concerns. There are in-person and online groups, and all contain a variety of personality types. You just have to find the one that works for you. Many people also find advocacy groups to be empowering.

## Examples of lifestyle resources for those with CD



### The My IBD Manager app<sup>1</sup>

This app was developed in collaboration with the American Gastroenterological Association and is specifically designed for those with inflammatory bowel diseases such as Crohn's disease. In addition to a food tracker, it has other functions that you can use to track your health progress between doctor's visits.



### The Crohn's & Colitis Community

This is a website of the Crohn's & Colitis Foundation that helps individuals with CD connect with others through online and local support groups. There are also discussion boards, personal stories, and a place to ask questions to experts in the field.



### Restroom resources

Resources are available to individuals with CD for finding and accessing restrooms when out in public. The Restroom Access Act (a.k.a. "Ally's Law") is a law in some states that ensures people with certain medical conditions, such as CD, have access to employee-only restrooms when a public one is unavailable. The Crohn's & Colitis Foundation website has more information. There are also numerous apps that locate and rate publicly accessible toilets. Just search your app store.

1. American Gastroenterological Association. AGA Launches New Patient App to Aid in IBD Monitoring and Education. Available at: <https://gastro.org/press-releases/aga-launches-new-patient-app-to-aid-in-ibd-monitoring-and-education/?hilitte=%27ibd%27%2C%27monitoring%27>. Accessed September 17, 2020.

# Lifestyle habits and my condition



## Smoking

Smoking has many harmful effects for anyone, including heart disease, cancers, and lung problems. The effects on the body can be greater in people living with CD. The exact ways smoking affects CD are not clear. Scientists believe smoking can change immunity, affect blood flow, change the amount of mucus in the body, and affect the platelets in the blood.<sup>1,2</sup>

### If you are interested in more information about ways to stop smoking, there are many options:

- Check with your healthcare provider about available treatments that might be right for you, including prescription medications and programs
- Take part in a local or national counseling program. Group and individual options are available. Some programs are available over the phone
- Access an app-based program
- Check with your pharmacy about over-the-counter replacement products and counseling options

## Alcohol

Another lifestyle habit that can affect CD is the use of alcohol. Every person is different in how alcohol affects the body. Alcohol may make a flare worse. Use a journal to identify all foods and drinks, including alcohol, that make your flares worse. Avoid excessive drinking when living with CD.<sup>1-3</sup>

### If you drink to excess and would like help, the best option is to talk with your healthcare provider.

## Free resources

- 1-800-QUIT-NOW. This is a free program sponsored by the U.S. Department of Health and Human Services
- Smokefree.gov provides free, accurate, evidence-based information and professional assistance to help support the immediate and long-term needs of people trying to quit smoking

## Resources

- The National Institute on Alcohol Abuse and Alcoholism also offers resources for treatment
- Visit [niaaa.nih.gov](https://www.niaaa.nih.gov) for more information<sup>4</sup>

1. Crohn's & Colitis Foundation of America. Managing Flares and Other IBD Symptoms. Available at: <https://www.crohnscolitisfoundation.org/sites/default/files/2019-02/Managing-flares.pdf>. Accessed September 17, 2020.

2. Crohn's & Colitis Foundation of America. Managing Inflammatory Bowel Diseases as a Young Adult. Available at: <https://site.crohnscolitisfoundation.org/resources/managing-ibd-young-adult.html>. Accessed September 17, 2020.

3. U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015 – 2020 Dietary Guidelines for Americans. 8th Edition, Washington, DC; 2015.

4. National Institute on Alcohol Abuse and Alcoholism. Support and Treatment. Available at: <https://www.niaaa.nih.gov/alcohol-health/supporttreatment>. Accessed September 17, 2020.



# Goals, strategies, additional information, and resources

## My personal goals, and strategies for achieving them

We set goals for several reasons:

- Setting goals helps center our energy. It gives us a place to start—so we can move forward
- Goals give us something to focus on
- Goals can be a source of motivation—something to get us started and then work toward
- Goals give us something to measure—so we can see how much progress we've made and celebrate

## Question to consider for this section:

- What changes can I make to my lifestyle to better manage my disease?



# Nurse Support Program

# My treatment goals and strategies

To set your treatment goals and strategies, review the table below. Check the circle next to the goal areas that describe what you would like to work on during your time with the CIMplicity Nurse Support Program. Once you've chosen one or more goal

areas, move down to choose the strategies you will use to help you meet your goal(s). If you are not interested in the goals at the top of the table, write in your own goal(s) and strategies in the space at the bottom of the table.

## Treatment goals and strategies

### Self-injection process

- Self-injection training
- Review resource materials before each injection
- Bring medicine to room temperature prior to injection
- Consult healthcare provider
- Other

### Feel comfortable/competent with self-injection (for prefilled syringe users)

- Self-injection training
- Review resource materials before each injection
- Consult healthcare provider
- Other

### Increase CIMZIA® (certolizumab pegol) knowledge

- Review resource materials
- Consult healthcare provider
- Other

**Goal(s):** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Strategies:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Important Safety Information:** Immune reactions including a lupus-like syndrome have happened in people taking CIMZIA. Symptoms include shortness of breath, joint pain, or a rash on the cheeks or arms that worsens with sun exposure.

**Please see additional Important Safety Information on pages 47-49 and accompanying full Prescribing Information, or visit CIMZIA.com.**



# Reviewing and updating my treatment goals

## It is important to regularly review your personal treatment goals and strategies.

If you were successful in meeting a treatment goal, congratulate yourself for taking a positive step for your health. Next, consider whether you want or need to continue working in that area. If so, challenge yourself to work a bit harder and include your strategy for making it happen (again).

If you weren't able to achieve the original goal you set, remind yourself that it's OK as long as you keep trying to improve your health. Identify the reason you weren't able to achieve the goal. Consider whether you want or need to continue working in that area. If so, set a new strategy to continue working on your health. Use the space below to revise or write new personal treatment goals.

**Goal(s):** \_\_\_\_\_  
\_\_\_\_\_

Strategies: \_\_\_\_\_  
\_\_\_\_\_

**Goal(s):** \_\_\_\_\_  
\_\_\_\_\_

Strategies: \_\_\_\_\_  
\_\_\_\_\_

**Goal(s):** \_\_\_\_\_  
\_\_\_\_\_

Strategies: \_\_\_\_\_  
\_\_\_\_\_

**Important Safety Information:** The most common side effects of CIMZIA include upper respiratory infections (flu, cold), rash, and urinary tract infections (bladder infections).

Please see additional Important Safety Information on pages 47-49 and accompanying full Prescribing Information, or visit [CIMZIA.com](http://CIMZIA.com).



# My lifestyle goals and strategies

In addition to setting goals about your medication, it also is important to set goals about your condition and your overall health. Next, choose strategies to help meet your goals. Below is a list of several lifestyle goals and strategies to consider. Choose at least one goal and then select at least one strategy for achieving each goal. Feel free to write in goals and strategies that will help you.

Check the circle next to your chosen goals. Check the strategies below the goal that will help you.

## Lifestyle goals and strategies

### Reduced anxiety or stress related to my condition

- Use relaxation, meditation, prayer, visualization
- Journal
- Give positive self-talk
- Confide in a trusted person
- Consult with healthcare provider
- Do gentle exercise approved by physician
- Other

### Increased confidence to manage my condition

- Join a support group and share
- Use relaxation, meditation, prayer, visualization
- Journal
- Give positive self-talk
- Confide in a trusted person
- Increase knowledge of my disease
- Consult with healthcare provider
- Set realistic daily goals
- Set aside time for rest
- Other

### Increased support mechanisms

- Join a support group and share
- Consult with healthcare provider
- Ask family or friends for specific help
- Other

### Increased awareness and management of food and nutrients with or without flares

- Use a food tracking resource
- Meet with dietitian/HCP to develop a meal plan
- Become more familiar with food labels
- Follow my diet and nutrition plan
- Other

Goal(s): \_\_\_\_\_  
\_\_\_\_\_

Strategies: \_\_\_\_\_  
\_\_\_\_\_

# Reviewing and updating my lifestyle goals

**It is important to regularly review your personal lifestyle goals and strategies.**

If you were successful in meeting a lifestyle goal, congratulate yourself for taking a positive step for your health. Next, consider whether you want or need to continue working in that area. If so, challenge yourself to work a bit harder and include your strategy for making it happen (again).

If you weren't able to achieve the original goal you set, remind yourself that it's OK as long as you keep trying to improve your health. Identify the reason you weren't able to achieve the goal. Consider whether you want or need to continue working in that area. If so, set a new strategy to continue working on your health.

Use the space below to revise or write new personal lifestyle goals.

**Goal(s):** \_\_\_\_\_  
\_\_\_\_\_

Strategies: \_\_\_\_\_  
\_\_\_\_\_

**Goal(s):** \_\_\_\_\_  
\_\_\_\_\_

Strategies: \_\_\_\_\_  
\_\_\_\_\_

**Goal(s):** \_\_\_\_\_  
\_\_\_\_\_

Strategies: \_\_\_\_\_  
\_\_\_\_\_

# Confidence barriers and builders

## Sometimes things get in the way when you are trying to reach a goal.

Think about what might prevent you from making progress toward your goal. These are your “barriers.”

- When you are reaching for a goal, what does progress look like to you?
- How will you know when you’ve reached your goal—or at least moved in the right direction?
- What steps can you take to help you achieve your goal?

### Barrier 1

---

---

---

---

---

### Barrier 2

---

---

---

---

---

### What does progress look like for me?

---

---

---

---

---

### What does progress look like for me?

---

---

---

---

---

### My confidence-building strategies are:

---

---

---

---

### My confidence-building strategies are:

---

---

---

---



# My food tracker

Keeping track of what you eat and when can be very helpful. It allows you to look back and see patterns about food triggers or what you ate that was easy on your system while you were in a flare. People with CD also may find it helpful to track their bowel movements.

Enter potential problem foods consumed that day

Enter number of bowel movements that day

WEEK 1	S	BM:	M	BM:	T	BM:	W	BM:	T	BM:	F	BM:	S	BM:
Problem foods:														
Additional notes:														
WEEK 2	S	BM:	M	BM:	T	BM:	W	BM:	T	BM:	F	BM:	S	BM:
Problem foods:														
Additional notes:														
WEEK 3	S	BM:	M	BM:	T	BM:	W	BM:	T	BM:	F	BM:	S	BM:
Problem foods:														
Additional notes:														

You can use these pages to **track problem foods over the next 6 weeks**. Each day write down foods that you suspect may have irritated your digestive system. At the end of the week, summarize them in the Problem Foods line. There is also space on the chart to record the number of bowel movements you have in a day. Share these notes and thoughts with your healthcare provider at your next appointment.

WEEK 4	S	BM:	M	BM:	T	BM:	W	BM:	T	BM:	F	BM:	S	BM:
	Problem foods:													
	Additional notes:													
WEEK 5	S	BM:	M	BM:	T	BM:	W	BM:	T	BM:	F	BM:	S	BM:
	Problem foods:													
	Additional notes:													
WEEK 6	S	BM:	M	BM:	T	BM:	W	BM:	T	BM:	F	BM:	S	BM:
	Problem foods:													
	Additional notes:													





# Important Safety Information you should know about CIMZIA® (certolizumab pegol)

## What is the most important information I should know about CIMZIA?

### **CIMZIA may cause serious side effects, including:**

- **CIMZIA is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker** that can lower the ability of your immune system to fight infections. Some people who received CIMZIA have developed serious infections, including tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some of these serious infections have caused hospitalization and death.

- Your healthcare provider should test you for TB before starting CIMZIA.
- Your healthcare provider should monitor you closely for signs and symptoms of TB during treatment with CIMZIA.

### **Before starting CIMZIA, tell your healthcare provider if you:**

- think you have an infection or have symptoms of an infection such as:
  - fever, sweat, or chills
  - cough
  - blood in phlegm
  - warm, red, or painful skin or sores on your body
  - burning when you urinate or urinate more often than normal
  - muscle aches
  - shortness of breath
  - weight loss
  - diarrhea or stomach pain
  - feeling very tired
- are being treated for an infection
- get a lot of infections or have infections that keep coming back
- have diabetes, HIV-1 or a weak immune system. People with these conditions have a higher chance for infections.

- have tuberculosis (TB), or have been in close contact with someone with TB
- were born in, live, have lived, or traveled to certain countries where there is more risk for getting TB. Ask your healthcare provider if you are not sure.
- live, have lived, or traveled to certain parts of the country (such as the Ohio and Mississippi River valleys and the Southwest) where there is an increased risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, candidiasis, aspergillosis, blastomycosis, and pneumocystosis). These infections may develop or become more severe if you receive CIMZIA. Ask your healthcare provider if you do not know if you have lived in an area where these infections are common.
- have or have had hepatitis B
- use the medicine Kineret® (anakinra), Orencia® (abatacept), Rituxan® (rituximab), or Tysabri® (natalizumab)

**Stop using CIMZIA, and tell your healthcare provider right away** if you have any of the symptoms of an infection listed above.

### • **Cancer.**

- For people who receive TNF blockers, including CIMZIA, the chances of getting certain types of cancers may increase.
- Some children, teenagers, and young adults who received TNF blockers, including CIMZIA, have developed lymphoma and other certain types of rare cancers, some of which have caused death. These cancers are not usually seen in this age group. **CIMZIA is not for use in children.**
- People with inflammatory diseases, including rheumatoid arthritis, psoriatic arthritis, or ankylosing spondylitis, especially those with very active disease, may be more likely to get lymphoma.

*Important Safety Information continued on next page.*

# Important Safety Information you should know about CIMZIA (continued)

- Some people who receive TNF blockers, including CIMZIA, have developed a rare type of cancer which may cause death, called hepatosplenic T-cell lymphoma. Most of these people were male teenagers and young adult males with Crohn's disease or ulcerative colitis. Also, most of these people had been treated with *both* a TNF blocker *and* another medicine called IMURAN® (azathioprine) or PURINETHOL® (6-mercaptopurine, 6-MP).
- Some people who receive CIMZIA have developed certain types of skin cancer. Tell your healthcare provider if you develop any changes in the appearance of your skin, including growths on your skin, during or after treatment with CIMZIA. You should see your healthcare provider periodically during treatment for skin examinations, especially if you have a history of skin cancer.

## What is CIMZIA?

CIMZIA is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker used in adults to:

- Lessen the signs and symptoms of moderately to severely active Crohn's disease (CD) in adults who have not been helped enough by usual treatments
- Treat moderately to severely active rheumatoid arthritis (RA)
- Treat active psoriatic arthritis (PsA)
- Treat active ankylosing spondylitis (AS)
- Treat active non-radiographic axial spondyloarthritis (nr-axSpA) with measures of inflammation
- Treat moderate to severe plaque psoriasis (PsO) in adults who may benefit from taking injections or pills (systemic therapy) or phototherapy (treatment using ultraviolet light alone or with pills)

It is not known if CIMZIA is safe and effective in children.

## Before receiving CIMZIA, tell your healthcare provider about all of your medical conditions, including if you:

- have an infection
- have or have had lymphoma or any other type of cancer
- have or had congestive heart failure
- have or have had seizures, any numbness or tingling, or a disease that affects your nervous system such as multiple sclerosis or Guillain-Barre syndrome.
- are scheduled to receive a vaccine. Do not receive a live vaccine while receiving CIMZIA.
- are allergic to certolizumab pegol or any of the ingredients in CIMZIA. See the Medication Guide for a complete list of the ingredients in CIMZIA.
- are pregnant or plan to become pregnant. You and your doctor should decide if you should continue to take CIMZIA while you are pregnant. It is not known if CIMZIA will harm your unborn baby. **Pregnancy Registry:** If you become pregnant during treatment with CIMZIA, talk to your healthcare provider about registering in the pregnancy exposure registry for CIMZIA. You can enroll in this registry by calling 1-877-311-8972. The purpose of this registry is to collect information about the safety of CIMZIA during pregnancy.
- are breastfeeding or plan to breastfeed. Talk to your healthcare provider about the best way to feed your baby during treatment with CIMZIA.

**Tell your healthcare provider about all the medicines you take**, including prescription and over-the-counter medicines, vitamins and herbal supplements.

Know the medicines you take. Keep a list of them to show to your healthcare provider and pharmacist when you get a new medicine.

# Important Safety Information you should know about CIMZIA (continued)

## How will I receive CIMZIA?

CIMZIA comes as a lyophilized powder or a solution in a prefilled syringe for injection. If your healthcare provider prescribes the CIMZIA powder, CIMZIA should be injected by a healthcare provider. If your healthcare provider prescribes the prefilled syringe, you will be trained on how to inject CIMZIA. See the booklet called "Instructions for Use" packaged in your CIMZIA prefilled syringe kit on how to inject CIMZIA the right way. Do not give yourself an injection of CIMZIA unless you have been shown by your healthcare provider, or they can train someone you know to help you with your injection. CIMZIA is given by an injection under the skin. Your healthcare provider will tell you how much and how often to inject CIMZIA. Do not use more CIMZIA or inject more often than prescribed.

## What are the possible side effects of CIMZIA?

**CIMZIA can cause serious side effects, including:**

- See **"What is the most important information I should know about CIMZIA?"**
- **Heart failure including new heart failure or worsening of heart failure you already have.** Symptoms include shortness of breath, swelling of your ankles or feet, or sudden weight gain.
- **Allergic reactions.** Signs of an allergic reaction include a skin rash; swelling or itching of the face, tongue, lips, or throat; or trouble breathing. The plastic needle shield inside the removable cap of the prefilled syringe contains natural rubber and may cause an allergic reaction if you are sensitive to latex.
- **Hepatitis B virus reactivation in people who carry the virus in their blood.** In some cases, people who received CIMZIA have died because of the hepatitis B virus being reactivated. Your healthcare provider should monitor you carefully before and during treatment with CIMZIA to see if you carry the hepatitis B virus in your blood. Tell your healthcare provider if

you have any of the following symptoms:

- feel unwell
- tiredness (fatigue)
- pain on the right side of your stomach (abdomen)
- skin or eyes look yellow
- poor appetite or vomiting
- **New or worsening nervous system problems, such as multiple sclerosis (MS), Guillain-Barre syndrome, seizures, or inflammation of the nerves of the eyes.** Symptoms may include:
  - dizziness
  - problems with your vision
  - numbness or tingling
  - weakness in your arms or legs
- **Blood problems.** Your body may not make enough of the blood cells that help fight infections or help stop bleeding. Symptoms include a fever that does not go away, bruising or bleeding very easily, or looking very pale. Tell your healthcare provider right away if you have any bruising, bleeding or a fever that does not go away.
- **Immune reactions including a lupus-like syndrome.** Symptoms include shortness of breath, joint pain, or a rash on your cheeks or arms that worsens with sun exposure.

Call your healthcare provider right away if you have any serious side effects listed above.

**The most common side effects of CIMZIA include** upper respiratory infections (flu, cold), rash, and urinary tract infections (bladder infections).

These are not all of the possible side effects of CIMZIA. Call your doctor for medical advice about side effects.

**You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.**

**Please see the Medication Guide for CIMZIA and discuss it with your healthcare provider.**



# CIMplicity Nurse Support Program