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Pharmacological- and non-pharmacological <sup>25</sup>therapeutic approaches in inflammatory bowel disease in adults

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Abstract

Inflammatory bowel diseases (IBD) are a group of chronic inflammatory conditions mainly of the colon and small intestine. Crohn's disease and ulcerative colitis are the most frequent types of inflammatory bowel disease. IBD is a complex disease which arises as a result of the interaction of environmental, genetic and immunological factors. It is increasingly thought that alterations of immunological reactions of the patients to their own enterable bacteria (microfilm) may contribute to inflammation. It is characterized by mucosal and sub mucosal inflammation, perpetuated by infiltration of activated leukocytes. Crohn's disease may affect the whole gastrointestinal tract while ulcerative colitis only attacks the large intestine. The therapeutic goal

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