

## **STRONG CHILDREN'S RESEARCH CENTER Pediatric Inflammatory Bowel Disease (IBD)**

**Chronic inflammation of the colon and small bowel including Crohn's Disease (CD) and Ulcerative Colitis (UC). Most cases are diagnosed between ages 15 and 30 and about 25% of cases are diagnosed during childhood. When diagnosed in children, effects on growth and pubertal progression have been shown in up to 85% of children with CD and 65% with UC is due to a variety of factors including use of corticosteroids, inflammation and malnutrition. While careful monitoring of growth and pubertal progression are recognized as an essential of care, what helps these patients grow is not completely understood.**

group on nutritional supplements was the only group with a mean increase in height velocity after diagnosis of IBD. To better assess changes in height velocity, a study with a larger sample size or a prospective study should be undertaken, but in the meantime we would strongly recommend the use of nutritional supplements in children with IBD.