

# Late-onset Inflammatory Bowel Disease (IBD)

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# Welcome and overview

- What is late-onset IBD?
- Symptoms and complications
- Managing IBD
- Living well
- Practical tips and resources

# What is late-onset IBD?

- Diagnosis over the age of 60
- Includes Crohn's Disease, Ulcerative Colitis, Microscopic Colitis and IBDU (Inflammatory Bowel Disease Unclassified)
- 1 in 4 people with IBD have late-onset IBD
- Often under-recognised or misdiagnosed



# Signs and symptoms

-  Similar to younger patients: diarrhoea, urgency, bleeding
  -  Fatigue may be more profound
  -  Pain
- Misdiagnosis common: often confused with IBS, diverticulitis, cancer
  - May overlap with other conditions
  - Increased risk of complications due to age-related factors

# Living well: identity and acceptance

- Adjusting to a new diagnosis in later life
- Impact on your sense of self and independence
- You are not alone: your diagnosis doesn't define you

# Treatment approaches

## Medication



- Mesalazine, steroids, immunosuppressants, biologics
- Tailored approach needed for age and comorbidities
- Polypharmacy management
- Medicine Tool for understanding options if you have CD or UC  
[crohnsandcolitis.org.uk/medicinetool](http://crohnsandcolitis.org.uk/medicinetool)

## Surgery



- May be more common with late diagnosis
- Keyhole techniques more common now
- Importance of pre-surgery planning with geriatric input

# Managing IBD with other conditions; complications

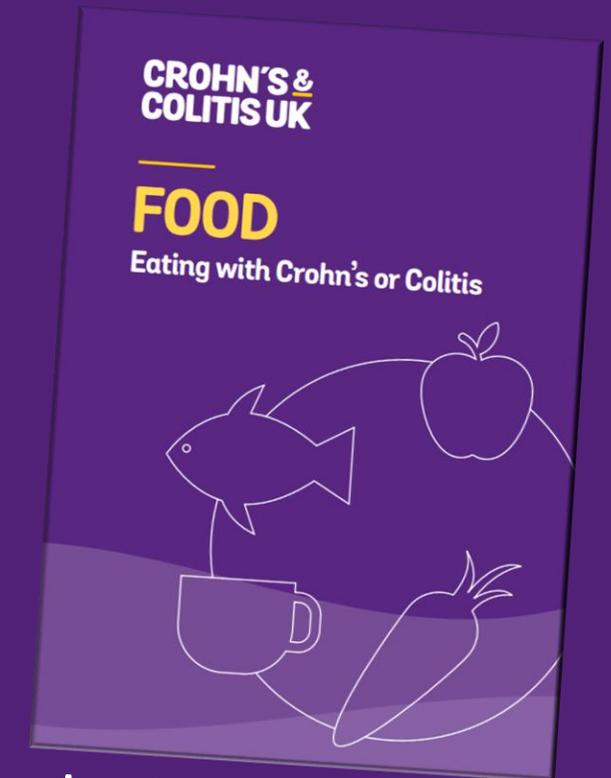
- Common overlap (diabetes, heart disease, arthritis)
- Co-ordinated care between specialities needed
- Medication reviews

## Complications

-  Medicine side effects may be more pronounced
-  Bowel incontinence
-  Risk of infection (especially with steroids and biologics)
-  Bone health: osteoporosis risk

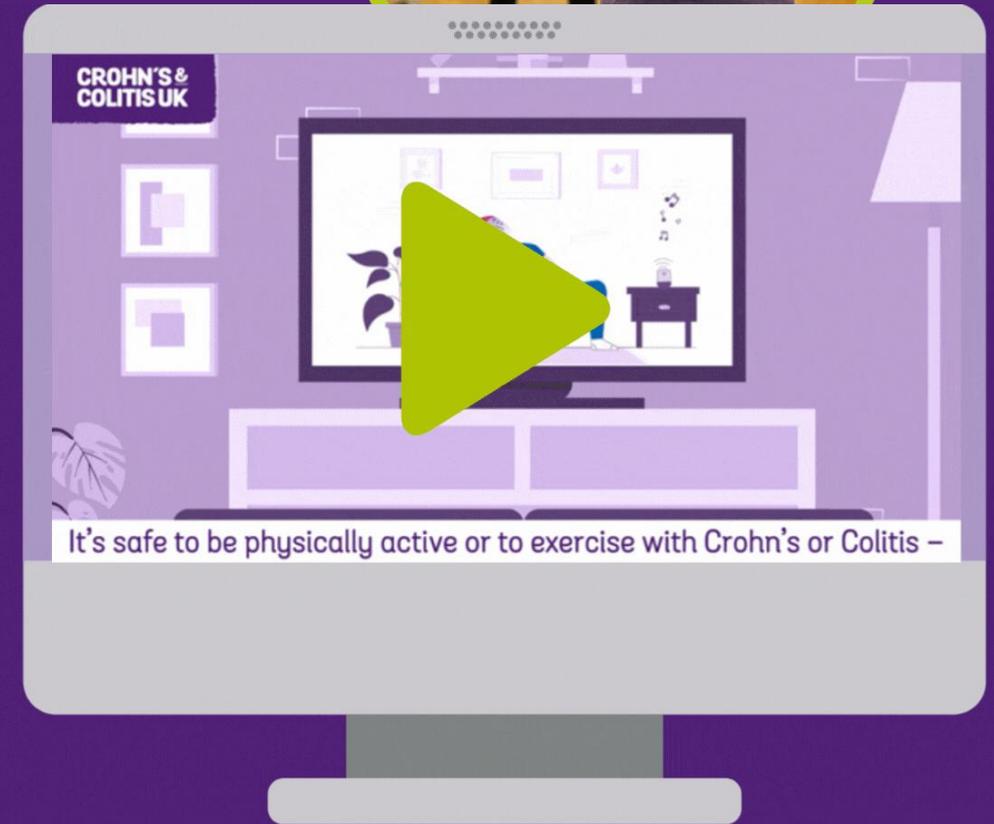
# Diet and nutrition

- No one-size-fits-all
- Eat to maintain weight and prevent deficiencies
- Tips: small meals, food diary
- Dietitian referral
- Avoid online dietary info from unlicensed sources
- Supplements
- Ultra-processed foods (UPFs)
- Management during a flare vs in remission



# Exercise and physical activity

- Benefits: gut health, mood, bone strength
- Gentle activities: walking, tai chi, swimming, yoga
- Start small and slow
- Build your confidence
- It's never too late to start!



# Mental health and wellbeing; peer support

- Depression and anxiety are more common with IBD
- Impact of symptoms on confidence and mood
- Practical support: talking therapies (NHS Talking Therapies)
- Importance of a mental health care plan

## Peer support

- Talking to others with lived experience
- Online or in person –  Virtual Social Events, Local Networks, Forum



# Relationships and loneliness

- Changes in social life, isolation risk
- Support available if you're feeling lonely – Age UK
- Communication is key
- Talking about IBD with friends and family
- Using the Talking Toolkit: [crohnsandcolitis.org.uk/talkingtoolkit](https://crohnsandcolitis.org.uk/talkingtoolkit)





Whoever you want to talk to and whatever you want them to know - you're in the right place. We've got the words to help break the ice.

Just answer five questions to get your own personalised talking toolkit - which will have all the information, talking tips and resources you'll need to feel confident to start your conversation.

**CREATE YOUR TALKING TOOLKIT**

# Sex and relationships

- Physical symptoms can impact intimacy
- Physical symptoms can affect confidence
- Open communication
- Talking openly with partners and healthcare professionals
- Menopause
- [crohnsandcolitis.org.uk/sex-and-relationships](https://crohnsandcolitis.org.uk/sex-and-relationships)



# Work and finances

- Rights at work (if still working) – Equality Act 2010 in England, Scotland and Wales; Disability Discrimination Act 1995 (DDA) in Northern Ireland
- Managing sick leave and reasonable adjustments
- Financial considerations and benefits
- More support:
  - Citizens Advice
  - Turn2us benefits calculator | [benefits-calculator.turn2us.org.uk](https://benefits-calculator.turn2us.org.uk)
  - Acas | [acas.org.uk](https://acas.org.uk)
  -  | [moneyhelper.org.uk](https://moneyhelper.org.uk)



# Daily living – tips

- Keep an emergency kit (clothing, wipes)
- Radar key and app for toilet access
- Symptom tracking
- Travelling: car, air, public transport
- Caring for an older person with Crohn's, Colitis, MC or IBDU



# Key resources

- 'Growing older with Crohn's or Colitis' resource
- Talking Toolkit
- Medicine Tool
- Crohn's & Colitis UK Helpline



# Summary and takeaways

- Late-onset IBD is manageable
- Holistic care is essential: body and mind
- There is no one-size-fits-all when it comes to diet and nutrition
- Get the information and support you need to help you speak up for your needs
- You're only as old as you feel!