



## Folic Acid Treatment to Crohn's Disease

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### Introduction

Crohn's disease is an inflammatory disease in the gastrointestinal tract. It's defined by inflammation spanning the entire depth of the intestinal wall and characterized by several illnesses derived from defects in food consumption resulting from this inflammation, also has several effects concerning stenosis throughout the digestive tract [1]. Diet and lifestyle change is the main treatment; some foods like green vegetables are known to have a positive effect on the chronic status of the disease. Folic Acid is a substance found in nutrition. It is important for several bodily functions most notably of consumption of food and as an anti-inflammatory in the gastrointestinal tract [2]. The symptoms of a condition called folate deficiency in which low levels of folic acid are observed are similar to several of the symptoms in Crohn's disease. Studies have shown folate deficiency to not occur in every case of Crohn's disease but be in correlation with the advancement stage and severity of the disease [3]. Suboptimal Micronutrient intakes, most notably folate, were found in dietary research of Crohn Patients [4].

Crohn patients who were treated with dietary folate intake reportedly "all...showed striking subjective improvement, increased appetite, and gain in weight" [3]. To conclude, Crohn's disease, while not objectively a form of folate deficiency, could possibly derive from insufficient folate nutrition and possibly be treated by dietary intake of folic acid, through nutrition or food supplementation. Further research of Folate Acid treatment for Crohn's Disease is therefore recommended.

### References

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