

Please read the information below and then complete the questionnaire:

The American College of Gastroenterology (ACG) has created guidelines to address preventative care for people who have Inflammatory Bowel Disease (IBD).

People who have IBD are at greater risk for many vaccine-preventable illnesses, including:

- Influenza
- Pneumonia
- Shingles



Immunosuppressive medications further increase the risk.



People with IBD are also at **higher risk for melanoma** and some medications used to treat IBD can **increase the risk of non-melanoma skin cancers**



Continued tobacco use can cause **increased inflammation in the colon** in certain patients with IBD.



Exposure to medications such as **prednisone and budesonide** can increase the risk of **osteoporosis** in people with IBD.



Women with IBD who are taking immunosuppressive medications have a **higher risk of cervical cancer**.



Lastly, people with IBD are at higher risk for **anxiety and depression**.



The ACG guidelines outline interventions to lessen these risks, including:

- Vaccines
- Skin checks with dermatology
- Smoking cessation
- Bone density testing
- Annual cervical cancer screening
- Screening for anxiety and depression

Your answers to the questions below will help your provider create an individualized health maintenance plan for you based on your history and current medications.

GAD-7: Over the past two weeks how often have you been bothered by the following:		Not at all	Several days	More than half the days	Nearly every day
1	Feeling nervous, anxious or on edge	0	1	2	3
2	Not being able to stop or control worrying	0	1	2	3
3	Worrying too much about different things	0	1	2	3
4	Trouble relaxing	0	1	2	3
5	Being so restless that it is hard to sit still	0	1	2	3
6	Becoming easily annoyed or irritable	0	1	2	3
7	Feeling afraid as if something is going to happen	0	1	2	3

Please answer the three questions below and give this form to the MA or provider:

1. I feel confident that making sure I am up to date with annual health maintenance will help decrease my risk of cancer.

	1	2	3	4	5	
I do not feel confident at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I feel very confident

2. After reading the information about annual health maintenance for patients with Inflammatory Bowel Disease, I am better informed to make a decision about needed vaccines, blood work, or imaging with my provider.

	1	2	3	4	5	
I am not well informed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I am very informed

3. After completing the PHQ-9 and GAD-7 (the above tools for screening of anxiety and depression), I feel that my provider is addressing my increased risk for a mood disorder given my history of Inflammatory Bowel Disease.

	1	2	3	4	5	
I do not feel my provider is addressing my risk	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I am confident my provider is addressing my risk