Management of Fatigue in Crohn's Disease

Up to 85% of patients with CD may experience fatigue.[1,2] Those with active CD experience significantly greater fatigue than those with inactive or fluctuating disease.[3-5]

Fatigue in patient with CD

→ **Clinical and/or endoscopic activity**

→ **Assess CD activity**

→ **Adjust medical therapy** (eg, change dosing, switch medication)[6]

→ **Clinical remission AND endoscopic healing**

→ **Resolution of fatigue**

→ **Persistent fatigue**

- **Anemia work-up and treatment**[7]
- **Evaluate nutrition (eg, vitamin B1/B12/D, probiotics)**[7-9]
- **Assess for sleep disorders**[7]
- **Assess for mood disorders**[7]
- **Evaluate potential culprit agents (eg, alcohol, medications)**[7,10]

CD=Crohn's disease. 1. D'Silva A, et al. *Clin Gastroenterol Hepatol*. 2022;20(5):995-1009.e7. 2. Bogale K, et al. *Sci Rep*. 2022;12(1):10577. 3. Graff LA, et al. *Clin Gastroenterol Hepatol*. 2013;11(9):1140-1146. 4. Kulyk A, et al. *Aliment Pharmacol Ther*. 2022;56(11-12):1570-1580. 5. Regueiro M, et al. *Adv Ther*. 2023;40(2):474-488. 6. Keefer L, et al. *Gastroenterology*. 2022;162(5):1439-1451. 7. Nocerino A, et al. *Adv Ther*. 2020;37(1):97-112. 8. Bager P, et al. *Aliment Pharmacol Ther*. 2021;53(1):79-86. 9. Borren NZ, et al. *Clin Gastroenterol Hepatol*. 2021;19(3):519-527.e5. 10. Lamers CR, et al. *Inflamm Bowel Dis*. 2022;28(12):1791-1799.

MMAT-05228 © 2026 Lilly USA, LLC. All rights reserved.