

The IBD song

So hey, yey
We know you don't know our name, that's ok
That's not the point we're trying to make
We just want you to learn something today

So you don't know what IBD is?
We'll try to explain what IBD is

IBD, Inflammatory Bowel Disease
We know it sounds uncomfortable and it probably is
(I wouldn't know I don't have it)
And types of it include ulcerative colitis and Crohn's Disease

In general, IBD contains a variety of things
But if you want somewhere to start
It describes disorders that involve chronic inflammation of your digestive tract

Got that part?

Moving on, there's actually a lot of things to learn
Like the fact that it's a worldwide phenomenon
And the risk factors are surely quite a lot

First things first you might want to check your age
15 to 30 is the most common stage
(-That's quite young
-I know I'm amazed)

But IBD is a sneaky little disease
So you might not know you have it until your 50's or 60's
(-Should I be scared?
-I'm unfazed)

It also depends on your race, your family history, where you live
Your smoking habits and your anti-inflammatory medication pills

Let us explain

If in your family there's someone with the disease we're sorry but it seems you're at a higher risk
(Ouch)

Like we said at the start
We know it might hurt a lot
And here's some symptoms
To understand why is that

(-You might experience:)
Diarrhea, fever or fatigue
Abdominal pain and unpleasant cramping
Blood in your stool, reduced appetite
And finally unintended weight loss, but don't worry you won't die

(-Yeah... I feel so much better now)

We guess that's all
Those were the basics we could fit into a song
And if you want to find out more
We advise you to visit your doctor

So hey, yey
We are iGEM teams just making our way
We hope that you have a nice day
And most importantly we hope you learned something today