

The IBD song

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

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

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

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

Got that part?

E G#m
Moving on, there's actually a lot of things to learn
C#m
Like the fact that it's a worldwide phenomenon
A B E
And the risk factors are surely quite a lot

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

E G#m
But IBD is a sneaky little disease

C#m
So you might not know you have it until your 50's or 60's
(-Should I be scared?
-I'm unfazed)

E A G#m
It also depends on your race, your family history, where you live
C#m A B E
Your smoking habits and your anti-inflammatory medication pills

Let us explain

E A G#m
If in your family there is someone with the disease
C#m A B E
we're sorry but it seems you're at a higher risk
(Ouch)

E G#m
Like we said at the start
C#m
We know it might hurt a lot
A B E
And here's some symptoms to understand why is that

(-You might experience:)
E A
Diarrhea, fever or fatigue
G#m
Abdominal pain and unpleasant cramping
C#m
Blood in your stool, reduced appetite
A B E
And finally unintended weight loss, but don't worry you won't die
(-Yeah... I feel so much better now)

E A
We guess that's all
B
Those were the basics we could fit into a song
E A
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