

WHAT YOU NEED TO KNOW ABOUT US

SIX THINGS WHICH WILL HELP YOU UNDERSTAND CROHN'S AND COLITIS

Because of the stigma and misunderstanding surrounding these conditions, thousands of people are suffering in silence. But they're not alone. We're here for them.

To improve diagnosis and treatment, and to fund research into a cure; to raise awareness and to give people hope, comfort and confidence to live freer, fuller lives. We're here for everyone affected by Crohn's and Colitis.

1 CROHN'S DISEASE AND ULCERATIVE COLITIS ARE LIFELONG DISEASES OF THE GUT

They are the two main forms of Inflammatory Bowel Disease and both of them are painful, debilitating and widely misunderstood.

2 WHEN YOUR GUT DOESN'T WORK, THE CONSEQUENCES CAN BE DEVASTATING

These can impact every aspect of your daily life, from digestion and joints to energy levels and mental health.

3 SYMPTOMS CAN AFFECT ALMOST EVERY PART OF THE BODY

- They can include:
- frequent / urgent diarrhoea, often with blood and mucus
 - severe pain
 - extreme fatigue
 - dramatic weight loss
 - swollen joints
 - mouth ulcers

4 CROHN'S AND COLITIS AFFECT MANY PEOPLE, ALL OVER THE UK

New research suggests at least 500,000 people live with these conditions across the UK, which is an increase from previous findings.

5 MANY PEOPLE ARE DIAGNOSED BEFORE THE AGE OF THIRTY

This means young people can experience effects on their development as well as their relationships, education, and work prospects.

6 THERE IS NO KNOWN CURE FOR CROHN'S OR COLITIS

Once diagnosed, people often face a lifetime of fluctuating symptoms and remission, medication and, in many cases, major surgery.