

5 fast facts about Crohn's disease and ulcerative colitis

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Crohn's disease and ulcerative colitis affect more than **1 in 250 people**

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IBD is an **invisible illness**, patients can look well, but feel unwell or be in pain

3

IBD causes ulcers, cramping, pain, bleeding, diarrhoea, severe urgency to have a bowel movement

4

IBD is a **chronic illness** that needs to be managed even after symptoms go away

5

People living with IBD need a **good support team** around them

A strong and understanding support team can include family, friends, work colleagues health professionals, and Crohn's & Colitis Australia

For 35 years, Crohn's & Colitis Australia (CCA) has been supporting people living with inflammatory bowel disease (IBD). By 2022, there will be 100,000 people living with these serious gut diseases in Australia.

CCA is a not-for-profit organisation that is dedicated to empowering people to live life at full potential as we search for a cause and cure for Crohn's and colitis.

CCA provide support services, advocacy, advice and encouragement to the Crohn's and colitis community including patients and their families.



CCA supports the Crohn's and colitis community by providing:

Information and education forums

Volunteer lead support groups

Phone advice:
NurseLine and Helpline

Youth and children's programs

Advocacy

Crohn's & Colitis Hub
crohnsandcolitishub.com.au

Funding for research into IBD

Can't Wait Card*
(*for members)



Need support? Freecall 1800 138 029
crohnsandcolitis.com.au

#YoureNotAlone #WorldIBDDay2020 #myIBDNurse #makeIBDwork

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