

YOU'VE GOT GUTS!

May is Crohn's and Colitis Awareness Month



JUSTAN SINGH
CCA AMBASSADOR

#GotGuts #WorldIBDDay2021

crohnsandcolitis.com.au

Freecall 1800 138 029



5 fast facts about Crohn's disease and ulcerative colitis

1

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

2

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

3

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

4

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

5

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



There is a mountain of silence surrounding the turmoil of living with an inflammatory bowel disease (IBD) and it takes guts to start real conversations on what life is like living with Crohn's and colitis.

Crohn's & Colitis Australia (CCA) is a not-for-profit organisation that has supported people living with these chronic diseases for the past 36 years.

People living with Crohn's and colitis face challenges every day! Imagine every time you leave home needing to know where the nearest toilet is, just in case of urgency. They show bravery and strength managing their illness and sharing their lived experiences.

More than 100,000 Australians will be living with these serious gut diseases by 2022. This May is the time to band together, start conversations about inflammatory bowel disease and spread awareness and understanding of Crohn's and colitis.

CCA support 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 IBD research

Can't Wait Card*
(*member benefit)



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