

# Crohn's & Colitis Awareness Month 2026

## Better Beginnings

for

## Brighter Futures



Crohn's  
& Colitis  
Australia

Live fearlessly with IBD

Scan to  
learn more



The advice was always  
the same; eat more  
fibre, maybe it's stress...



Karl

The only reason my Crohn's  
was caught so early was  
because of my mum's history.  
Early detection matters!



Hannah

Being repeatedly dismissed  
made me feel invisible, like  
I was fighting something  
serious all on my own.



Jason

Check your  
symptoms



Tag us  @crohnsandcolitisau  crohnsandcolitis

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Together we do more.

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