

WHAT YOU NEED TO KNOW ABOUT 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. They develop when your immune system starts attacking your gut. But we don't know exactly what makes this happen.

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

As well as your physical health, Crohn's and Colitis can impact your mental health, work, relationships and education.

3 SYMPTOMS DON'T JUST AFFECT YOUR GUT – THEY CAN AFFECT ALMOST ANY PART OF THE BODY

They can include:

- Frequent and urgent diarrhoea often with blood and mucus
- Severe pain
- Extreme fatigue
- Losing weight and not wanting to eat
- Swollen joints
- Mouth ulcers

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

More than 500,000 people in the UK are living with Crohn's or Colitis. That's 1 in every 123 people.

5 MANY PEOPLE ARE DIAGNOSED BEFORE THE AGE OF THIRTY

Around 1 in 4 people with Crohn's or Colitis are diagnosed before they're 30. 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

Right now there is no cure for Crohn's or Colitis. Medicines and sometimes surgery can help keep the conditions under control. People may have some periods of good health and other times when symptoms are more difficult to manage.

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.