



In it together - the importance of family

Before my IBD diagnosis, I was always on the go, happy, determined and ambitious. After I was diagnosed with Colitis everything changed. I knew nothing about the disease and it changed my life overnight. The symptoms can be debilitating, painful, exhausting, embarrassing and even frustrating, but my advice is, you must fight it. Once you understand it, you can take control and eventually you will get back to some sort of normality. I found speaking to Crohn's and Colitis UK really helped me through a very difficult time.

A week after giving birth to my daughter, Ava Grace, I was admitted to hospital for emergency surgery to remove my bowel which resulted in me having an ileostomy bag.

I was naturally upset and in great shock at the time but my consultant uttered the words, "no colon, no colitis" and that sounded like a life line to me.

I eventually opted to have a reversal rather than keep the stoma bag and today I feel like me again. IBD can be very hard to understand, but my family, medical team and the Crohn's and Colitis UK really helped me, both mentally and physically. Colitis is an embarrassing disease but please know, you're not alone and it's true – it is good to talk.

Lord and Lady Prescott with their son David and grandchild Ava Grace



Colitis and Crohn's are inflammatory bowel diseases that can have a devastating impact on education, work, social and family life. They can strike at any age but young people are most at risk and there is no known cure. Crohn's and Colitis UK offers much-needed information and support to the 250,000 sufferers in the UK, and also funds vital research. Further information can be obtained at

www.crohnsandcolitis.org.uk