CROHN'S & COLITIS UK

CROHN'S? COLITIS? IT'S GOOD TO KNOW:

Crohn's Disease and Ulcerative Colitis are lifelong diseases of the gut

They are the two main types of Inflammatory Bowel Disease. They develop when your immune system starts attacking your gut, but we don't know exactly what makes this happen.

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

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 around 1 in 100.

When your gut doesn't work, the effects can be devastating

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

Many people are diagnosed before the age of 30

Around 1 in 4 people with Crohn's or Colitis are diagnosed before the age of 30. This means young people can experience effects on their development as well as their relationships, education and work prospects.

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. They're not alone. We're here for them.

We provide trusted information, support cutting-edge research and lead bold campaigns designed to get people talking about Crohn's and Colitis like never before. We're fighting for a tomorrow where everyone living with Crohn's or Colitis has everything they need to live well, and for a future where we don't have to live with it at all.

CROHN'S? COLITIS? WE'LL FACE IT TOGETHER.

crohnsandcolitis.org.uk

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