



## Shining a Light on Real Experiences: Navigating Life with Crohn's and Colitis

Crohn's Disease and Ulcerative Colitis affect far more than the digestive system—they impact daily life, emotional well-being, and long-term health. For many, they are invisible battles fought silently, often misunderstood as simple “Stomach Issues.”

### What are Crohn's Disease & Colitis?

Often grouped under Inflammatory Bowel Disease (IBD), Crohn's Disease and Ulcerative Colitis are chronic autoimmune conditions in which the body's immune system mistakenly attacks parts of the digestive tract, leading to persistent inflammation.

Though related, each condition affects different areas:

- Crohn's Disease can impact any part of the gastrointestinal tract, from mouth to anus.
- Ulcerative Colitis is limited to the colon and rectum.

### Symptoms & Shared Complications

- Persistent diarrhoea (sometimes bloody)
- Severe abdominal pain and cramping
- Urgent need for bowel movements (tenesmus)
- Unintended weight loss
- Extreme fatigue
- Low-grade fever

### Prevention & Management of IBD

- Regular medical care under trained specialists
- Nutritious, balanced diet and proper hydration



- Lifestyle modifications such as exercise, sleep, and stress reduction
- Emotional and mental health support, including counselling or support groups

### Advancing IBD Care

- Personalized treatments based on individual genetic and biological profiles
- New-age therapies such as biologics, JAK inhibitors, and SIP modulators for better inflammation control
- Improved dietary guidance driven by deeper understanding of the gut microbiome
- Minimally invasive surgical techniques with enhanced postoperative recovery

Let this be a step toward year-round understanding, support, and advocacy. By shining a light on the lived experiences of those with IBD, we pave the way for better care, deeper compassion, and, one day, lasting cures.