

# Where's Crohn's & Colitis (CC)?

Over ten million people worldwide are living with inflammatory bowel disease (IBD),<sup>1</sup> which is a group of inflammatory conditions, including Crohn's disease and ulcerative colitis.

IBD can appear at any point during people's lives. Clinical research, education and understanding however do not reflect this, leaving groups of people feeling left behind and underrepresented.<sup>2</sup>

Every IBD patient, no matter their age, deserves to feel understood and have access to quality care and effective treatments.



## Symptoms of IBD can include<sup>1</sup>:



Diarrhoea



Abdominal cramps & pain



Bleeding from the rectum



Weight loss



Fever



Fatigue

If these symptoms sound familiar to you or a loved one, speak to your local doctor.

No matter your age, it's important to work closely with your doctor to get an appropriate diagnosis and find a treatment that is clinically effective whilst being suitable for your lifestyle and personal priorities. To help you get the best support, try these simple approaches:

### 1 Be open and honest with your doctor about your symptoms and how these are impacting your day-to-day life.

*It may seem small to you, but it could be the key to unlocking a diagnosis. Before your appointment, keep track of your symptoms and how these change over time. Think about what you want to get out of a treatment.*

### 2 Once you have a diagnosis, discuss the range of treatment options available to you and their pros and cons with your doctor.

*Helpful prompts for your appointment include; What are my options? Are there any other options that you haven't mentioned? What are the risks and benefits of that option? Which treatment would you recommend based on my lifestyle? Which treatment is most effective for people in my age group?*

### 3 Reach a decision together with your doctor.

*Make sure to share your priority outcomes for a treatment, for example avoiding frequent hospital visits or addressing a particular symptom. Don't be afraid to ask for clarification if you don't understand any of the options.*

### 4 If you do not feel seen and understood by your doctor, you can always ask for a second opinion.

*You can ask your doctor directly to see a specialist or another doctor. If you don't feel you can do this, look for a local patient support group – or reach out to EFCCA at [www.efcca.org](http://www.efcca.org).*

Visit [www.WhereisCC.com](http://www.WhereisCC.com) to learn more about the *Where's CC?* campaign, sponsored by Celltrion Healthcare in collaboration with EFCCA, for World IBD Day 19 May 2023.



# Where's Crohn's & Colitis (CC)?

This World IBD Day, Celltrion Healthcare and EFCCA are shining a light on IBD and its impact throughout key stages of life by asking *Where's CC?* #IBDHasNoAge

## Meet CC – an 18-year old female...

It's common for young people with IBD to feel embarrassed about their symptoms, such as frequent trips to the toilet, which can lead to feelings of isolation.

CC has found new freedom with an at-home treatment, meaning she can study, travel and live her life to the full with ease.

Although it may feel embarrassing, it's important to speak openly to your doctor, family and friends about your symptoms, so you can work together to find a treatment that works for you.



Where's CC (Crohn's and Colitis) within the image below? Look for a character wearing a green CC t-shirt!



Visit [www.WhereisCC.com](http://www.WhereisCC.com) to learn more about the *Where's CC?* campaign, sponsored by Celltrion Healthcare in collaboration with EFCCA, for World IBD Day 19 May 2023.



# Where's Crohn's & Colitis (CC)?

This World IBD Day, Celltrion Healthcare and EFCCA are shining a light on IBD and its impact throughout key stages of life by asking *Where's CC?* #IBDHasNoAge

## Meet CC – a 34-year-old parent...

For parents living with IBD, it's often a challenge to juggle parenting, work and their IBD. Frequent flare-ups can seriously impact people's ability to manage workloads and be present for their children.

CC reached out to her doctor to find a treatment that works for her, and is now able to focus on her parenting and work goals.

If your symptoms are impacting you at work or at home, speak to your doctor to find ways of managing your condition to ease its burden on your working and family life.



Where's CC (Crohn's and Colitis) within the image below? Look for a character wearing a green CC t-shirt!



Visit [www.WhereisCC.com](http://www.WhereisCC.com) to learn more about the *Where's CC?* campaign, sponsored by Celltrion Healthcare in collaboration with EFCCA, for World IBD Day 19 May 2023.



# Where's Crohn's & Colitis (CC)?

This World IBD Day, Celltrion Healthcare and EFCCA are shining a light on IBD and its impact throughout key stages of life by asking *Where's CC?* #IBDHasNoAge

## Meet CC – a 70-year-old male...

In the over 60 population, receiving an IBD diagnosis can be isolating and confusing, especially whilst managing several other medical conditions. Though 10% to 15% of newly diagnosed people with IBD are over the age of 60, clinical data and patient information are often focused on younger people.

Support groups have helped CC to understand the options that are available to him, and he is determined to try an innovative treatment and reduce the severity of his flare-ups.

Don't feel that you have to cope on your own, reach out to a local patient support group or EFCCA ([www.efcca.org](http://www.efcca.org)) to connect with others who share your experience.



**Where's CC (Crohn's and Colitis) within the image below? Look for a character wearing a green CC t-shirt!**



Visit [www.WhereisCC.com](http://www.WhereisCC.com) to learn more about the *Where's CC?* campaign, sponsored by Celltrion Healthcare in collaboration with EFCCA, for World IBD Day 19 May 2023.