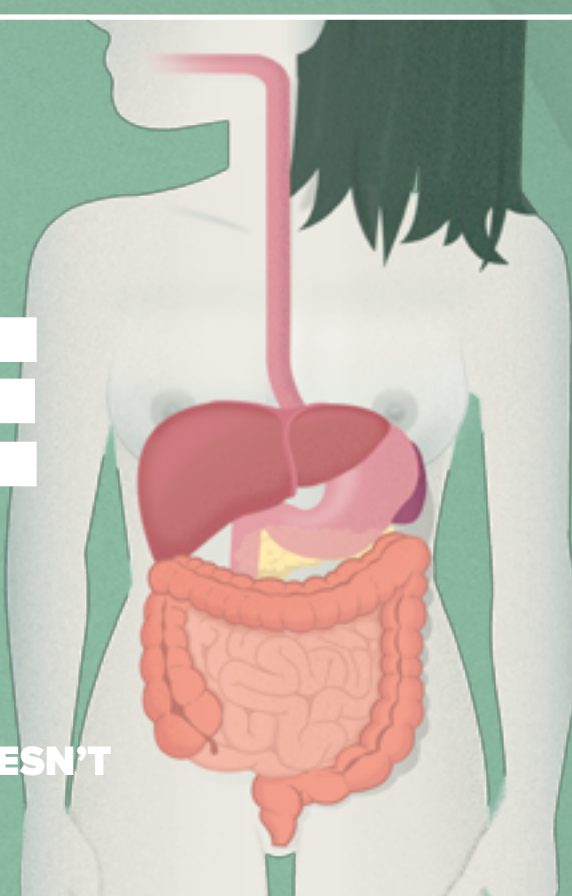


SOS FLARE-UP!

INFLAMMATORY BOWEL DISEASE DOESN'T GIVE ANY WARNINGS. BE PREPARED



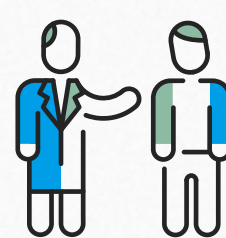
1.



Know your own body

It is a very individual disease and what works for one person, does not for others.

2.



Take on an active role

Communicate with the healthcare team so you may make decisions collectively.

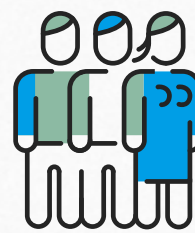
3.



Think positively

Positive thinking is vital for tackling the disease as if it were a challenge rather than a problem, for self-belief and for being aware of and accepting your limits.

4.



People you can trust

Develop a network of people who support you to reduce the stress and prevent anxiety disorders and depression.

5.



Adhere to the treatment

It is important to follow it, so that it is effective at helping control the disease and improving your quality of life.

6.



Routine physical exercise

Run, ride a bike, swim, walk, etc. 10 minutes a day is better than 1 hour a week.

7.



Eat little and digest well

Eat small rations spread out over 5 or 6 meals per day to help improve digestion.

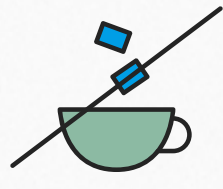
8.



Keep hydrated

It is better to drink between meals rather than with them in order to activate bowel transit.

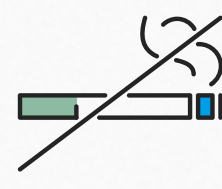
9.



Get energy without coffee

Coffee and carbonated beverages stimulate bowel transit and can increase the number of stools.

10.



Quit smoking

Tobacco increases the risk of complications in Crohn's disease.

Did you know that...

- ✓ The condition affects women and men equally and who are generally between 20 and 30 years old.
- ✓ The origin of the disease is still unknown.
- ✓ The disease's symptoms appear suddenly, in the form of a flare-up. You can follow a normal lifestyle for most of the time.
- ✓ There is no cure for the disease, but there are treatments that improve your quality of life.
- ✓ A familiarity with your own body will help manage the illness.

Five differences between ulcerative colitis and Crohn's disease



Ulcerative Colitis

- Only affects the colon
- Inflammation occurs in the innermost lining
- Does not cause stenosis and/or fistulas
- Predominant symptom: diarrhoea
- Blood and/or mucus are often present in stools



Crohn's Disease

- Can affect any section of the digestive tract
- Inflammation affects all layers of the intestine
- Predominant symptom: abdominal pain
- The presence of blood and/or mucus in stools indicates the colon is affected

