



Crohn's and  
Colitis Canada  
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# WELCOME! ABOUT CROHN'S AND COLITIS CANADA

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OUR PROMISE: To cure Crohn's disease and ulcerative colitis and improve the lives of children and adults affected by these chronic diseases.



[crohnsandcolitis.ca](http://crohnsandcolitis.ca)

# WHO WE ARE

If you, or someone you know, has been diagnosed with Crohn's disease or ulcerative colitis, we can help.

Crohn's and Colitis Canada is a volunteer-based registered charity that is dedicated to finding the cures for Crohn's disease and ulcerative colitis and to improving the lives of children and adults affected by these chronic diseases. Thanks to the generosity of our donors, the impact we have had on the lives of people living with Crohn's and colitis is unmatched.

Crohn's and Colitis Canada provides patient programs, advocacy and awareness activities across Canada to people living with these diseases, their families, healthcare professionals and the general public. If you have questions, we have the answers.

Most importantly, Crohn's and Colitis Canada is at the core of inflammatory bowel disease research in Canada and is a powerhouse on the world stage. We are one of the top two health charity funders of Crohn's and colitis research in the world and the largest non-governmental funder in Canada.

Read this brochure to find out more about what we offer and how you can get involved.

# WHAT ARE CROHN'S DISEASE AND ULCERATIVE COLITIS?



Crohn's disease and ulcerative colitis are diseases that inflame the lining of the gastrointestinal (GI) tract and disrupt the body's ability to digest food, absorb nutrition and eliminate waste in a healthy manner.

As a result, people may experience abdominal pain, cramping, gas, bloating, fatigue, diarrhea (possibly bloody) and loss of appetite.

Together, Crohn's disease and ulcerative colitis are often referred to as inflammatory bowel disease (IBD).

With **Crohn's disease**, inflammation can occur anywhere in the GI tract but is usually present in the lower part of the small bowel (also known as the small intestine) and the colon. Patches of inflammation occur between healthy portions of the gut, and can penetrate all the layers of the intestinal lining.

**Ulcerative colitis** only affects portions of the large bowel (or large intestine), including the rectum and anus and typically only inflames the innermost lining of bowel tissue. It almost always starts at the rectum, extending upwards in a continuous manner through the colon.

**Indeterminate colitis** is a term used when it is unclear if the inflammation is due to Crohn's disease or ulcerative colitis.

For more information about the disease and treatment options, visit our website at [crohnsandcolitis.ca](http://crohnsandcolitis.ca).

# LIVING WITH CROHN'S AND COLITIS

One in every 150 Canadians are living with Crohn's disease or ulcerative colitis. It is quite likely that you know at least one person who has Crohn's or colitis, though some people hesitate to talk about their condition.

Crohn's and Colitis Canada offers a wide-range of practical information about living with Crohn's disease or ulcerative colitis, whether you have been recently diagnosed or have lived with the disease for years; are looking at treatment options; want to know the latest in research for new treatments or the ongoing search for the cures. We offer information to the person diagnosed, their family and friends, healthcare professionals and the general public.

With the help of experts and experienced individuals, Crohn's and Colitis Canada addresses the questions and concerns that arise at each stage of your life, whether you are a parent of a child who has been diagnosed, a young person transitioning from pediatric care to adult care in the health system, considering a new relationship, thinking of starting your own family, or facing challenges at work.

While learning about Crohn's and colitis can seem overwhelming at first, information and the experiences of others can empower you to face your own health challenges with confidence and hope.

Crohn's and Colitis Canada is here to help, and our website, newsletter, social media outlets, education events, and publications are a source of information and support for all. See the back panel for our contact information or call 1-800-387-1479.

# TRANSFORMING LIVES THROUGH RESEARCH

Crohn's and Colitis Canada is leading the way in research to develop more effective treatments and to find the cures. Our rigorous independent review process sets the highest standard in research funding, enabling us to invest in the most promising research with the greatest potential to transform lives

Through basic scientific research, we are targeting the immune system, environmental, genetic, and microbial factors that are involved in the development of Crohn's disease and ulcerative colitis.

We also support research that helps to move potential new treatments from the lab to the patient and improves the delivery of healthcare received by patients. We believe in building capacity for the future, by offering studentships and fellowships designed to keep the best and brightest young scientific minds engaged in Crohn's and colitis research.

Hope is strongest when fuelled by action, and one of the most promising research projects into Crohn's disease is the Crohn's and Colitis Canada Inflammatory Bowel Disease GEM Project, an international project started by our organization and led by Dr. Ken Croitoru at Mount Sinai Hospital in Toronto. If you are a sibling or child of someone with Crohn's disease, you may be an eligible participant in this study which is expected to unlock many of the mysteries around Crohn's. Visit [gemproject.ca](http://gemproject.ca) for more information.



# IF YOU'VE BEEN DIAGNOSED WITH CROHN'S OR COLITIS...

Hearing that you – or someone you love – has been diagnosed with Crohn's disease or ulcerative colitis can be a confusing and frightening time. Crohn's and Colitis Canada can help: we have over 40 years of experience navigating the challenges that confront you and your family.

We provide online information and printed brochures on a variety of topics, from nutrition to fertility issues to the latest treatment options. We can help you prepare for your medical appointments and help you understand what is happening to your body during a flare-up of the disease.

We offer educational events throughout the year across the country – some education sessions are offered online for convenience no matter where you live. We also can connect you with peer support groups in your community or online through our Gutsy Peer Support program.

We have two youth-oriented programs: the Abbvie IBD Scholarship program to support post-secondary students with Crohn's or colitis and Camp Got2Go, which allows kids living with these diseases to experience overnight camp in an inclusive environment.

To find out about these – and other supports we offer – visit [crohnsandcolitis.ca](http://crohnsandcolitis.ca) or call 1-800-387-1479.

# ADVOCATING FOR CHANGE

Crohn's and Colitis Canada is committed to advocating for policy and legislative changes that will ease the burden of these chronic conditions for those who live with and are affected by Crohn's and colitis.

Crohn's and Colitis Canada works in partnership with government, reaching out to elected and non-elected decision-makers in a non-partisan manner to provide solutions to the policy challenges. We engage in a number of advocacy activities to help improve health and social policies.

Our priority areas of focus include:

- Access to better treatments and care
- GoHere bathroom access initiative
- Chronic disease recognition
- Caregiver support

To learn more about advocacy and keep up-to-date with today's news email [advocacy@crohnsandcolitis.ca](mailto:advocacy@crohnsandcolitis.ca) and write 'subscribe' in the subject line.



# IN YOUR COMMUNITY

Crohn's and Colitis Canada is a national organization with volunteers from coast-to-coast and chapters in many local communities. Chapters are great resources for networking, learning more about the diseases and sharing your experiences.

The chapters and local events hosted by Crohn's and Colitis Canada are a great opportunity to meet people living with Crohn's and colitis and to share personal experiences. Family and friends are welcome at most of these events, as they are important members of the Crohn's and colitis community.

Some chapters and/or local hospitals offer support groups for people with Crohn's and colitis.

Many chapters and volunteers get involved in Crohn's and Colitis Canada fundraising activities such as our annual Gutsy Walk, galas, sports tournaments and other activities. It's all about fun, community and fundraising.

To learn more about local activities and to meet people who share your experiences and interests, contact the regional office closest to you by calling 1-800-387-1479 or visiting [crohnsandcolitis.ca](http://crohnsandcolitis.ca).



# OUR PROMISE

At Crohn's and Colitis Canada, we have promised Canadians that we will cure Crohn's disease and ulcerative colitis and improve the lives of children and adults affected by these chronic diseases. However, we cannot do it alone. It takes passion and dedication on the part of people diagnosed, their families and friends, volunteers, donors, researchers, healthcare professionals, universities, government, and our donors.

Since 1974 Crohn's and Colitis Canada has acted as a catalyst to transform the lives of people living with these devastating diseases. We have inspired support from all quarters of the country, and used the funds raised to invest in the development of new and better treatments and the search for the cures.

Over the last 40 years, surgical rates have lowered and people diagnosed with Crohn's or colitis are working longer and living healthier lives. But there is still much to be done in order to stop the life-threatening complications, the multiple surgeries, the long absences from work and school, and the unrelenting pain.



# VOLUNTEER

Crohn's and Colitis Canada volunteers, in partnership with staff, are making a difference in the lives of children and adults living with Crohn's disease and ulcerative colitis. Our coast-to-coast network of thousands of volunteers are leaders in their communities, using the gift of time and talents to help people with Crohn's and colitis by providing professional skills, educating others, advocating for healthy public policy and helping to raise money so that Crohn's and Colitis Canada can continue to fund critical research, education and advocacy initiatives.

Here is an overview of some of the areas volunteers are most involved with at Crohn's and Colitis Canada:

- Chapters and affiliates
- Helping people with Crohn's and colitis
- Patient Programs, awareness and advocacy
- Event planning and support
- Gutsy Walk and other fundraising events
- Virtual or off-site volunteering

Crohn's and Colitis Canada offers numerous volunteer opportunities with various time commitments. Have questions? Email us at [volunteer@crohnsandcolitis.ca](mailto:volunteer@crohnsandcolitis.ca).



## Help us stop Crohn's and colitis. For life.

Crohn's and Colitis Canada has a bold vision for the future. The **Crohn's & Colitis – Make it stop. For life.** campaign will raise \$100 million by 2020 to invest in research, patient programs, advocacy and awareness so that every child and adult with these diseases can live their life to the fullest, and ultimately be cured.

We want to re-shape the face of Crohn's and colitis in Canada. And **we need your help.** There are many ways that you can help make it stop:

- set up a monthly donation in an amount that is reasonable for you
- make a multi-year pledge to support the campaign
- participate in an event such as the Gutsy Walk
- help raise awareness in your community
- host your own fundraising event

We encourage you to find your own way to **make it stop. For life.**

Visit [crohnsandcolitis.ca](http://crohnsandcolitis.ca) to find out more.

### Become a Monthly Donor

Join the **Crohn's & Colitis – Make it stop. For life.** campaign by becoming a monthly donor. Monthly donations provide a stable source of funding for Crohn's and Colitis Canada, guaranteeing our commitments towards multi-year research projects, education events and advocacy initiatives.

It's easy and convenient – donations can be made with a credit card or withdrawn directly from your bank account. You can change the amount or cancel at any time.

As little as 33 cents a day adds up to over \$500 in five years!

**We need your help to make it stop.**

Visit [crohnsandcolitis.ca](http://crohnsandcolitis.ca) or call 1-800-387-1479 to find out more.

**CROHN'S  
& COLITIS**

Make it stop. For life.



# ABOUT CROHN'S AND COLITIS CANADA

**Crohn's and Colitis Canada** is the only national, volunteer-based charity focused on finding the cures for Crohn's disease and ulcerative colitis and improving the lives of children and adults affected by these diseases. We are one of the top two health charity funders of Crohn's and colitis research in the world and the largest non-governmental funder in Canada. We are transforming the lives of people affected by Crohn's and colitis (the two main forms of inflammatory bowel disease) through research, patient programs, advocacy, and awareness.

**Our Crohn's & Colitis – Make it stop. For life.** campaign will raise \$100 million by 2020 to advance our mission.

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For more information on Crohn's disease or ulcerative colitis visit our website **[crohnsandcolitis.ca](http://crohnsandcolitis.ca)** or call 1-800-387-1479

Follow **@getgutsycanada** on    

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