

GUTSYWALK.CA

FOR CROHN'S AND COLITIS CANADA

Key Messages

The Gutsy Walk

- The 24th annual Gutsy Walk is taking place on Sunday, June 2 at over 60 locations across Canada
- Each walk site is organized by a team of passionate volunteers
- The Gutsy Walk has raised over \$35 million since 1996
- Fundraising efforts support research, patient programs, advocacy, and awareness initiatives
- Over 20,000 participants take part in the walk to show support for everyone affected by Crohn's disease or ulcerative colitis
- Visit gutsywalk.ca to register, volunteer, or donate

About Crohn's disease and ulcerative colitis

- Crohn's disease and ulcerative colitis are the two main forms of inflammatory bowel disease
- 270,000 Canadians live with IBD, and this number is expected to rise to 400,000 by 2030
- These chronic autoimmune diseases cause the body to attack itself, leading to inflammation of all or part of the gastrointestinal tract
- Symptoms include abdominal pain, cramping, gas, bloating, fatigue, frequent and urgent bowel movements, blood in the stool, and unintended weight loss
- They are often considered invisible diseases as many people living with Crohn's or colitis can look 'normal' on the outside while facing excruciating pain, exhaustion, and anxiety
- Researchers believe Crohn's and colitis are caused by a combination of elements, which include genetics, environmental factors, and abnormal immune system responses
- Prevalence in Canadian children has risen by more than 50% over the last 10 years
- Seniors with IBD are the fastest growing group of people living with IBD
- The direct annual cost of caring for Canadians with IBD is estimated to be \$1.28 billion

About Crohn's and Colitis Canada

- We are the only national, volunteer-based charity focused on finding cures for Crohn's disease and ulcerative colitis, and improving the lives of everyone impacted by these chronic diseases
- We are one of the top two health charity funders of Crohn's and colitis research in the world
- We've invested nearly \$122 million in research since 1974
- Our investments contribute to research breakthroughs in regards to genetics, gut microbes, inflammation, and cell repair
- We support research through the Innovations in IBD Grant and Grants-in-Aid of Research
- Our programs include CampGot2Go, Youth Education Series, GoHere Washroom Access Program, IBD Scholarship, Gutsy Peer Support, and various education events
- You can learn more about us by visiting crohnsandcolitis.ca or crohnetcolite.ca
- Follow @getgutsycanada on Facebook, Twitter, or Instagram to stay up-to-date on news, stories, events, and more!