

## Ireland marks World IBD Day for first time

### ISCC Youth Group issues Top Tips for Living with IBD

**Dublin, 7<sup>th</sup> May 2012:** The Irish Society for Crohns and Colitis (ISCC) Youth Group are celebrating World IBD Day for the first time ever in Ireland by issuing Top Tips for Living with IBD. IBD stands for Inflammatory Bowel Disease, a condition which affects around 15,000 people in Ireland and over 5 million people worldwide. The top tips include involving your family and friends to help give you support, being proactive in contacting your healthcare team when you are feeling unwell and documenting your symptoms between hospital visits which will make your consultations easier for both you and your healthcare team.

To mark World IBD Day the ISCC in conjunction with the European association EFCCA are issuing a World IBD Facebook ribbon. The group is encouraging anyone affected by IBD to use the ribbon on their Facebook profile over the coming weeks to raise awareness of IBD in Ireland. The purple ribbon is available to download at [www.iscc.ie](http://www.iscc.ie)

Speaking ahead of World IBD Day, Johanna Giles, ISCC Youth Group member, said, "Most people are diagnosed with IBD between the ages 15 and 30. The ISCC Youth Group has recently come together to help young people affected by the condition to be well. If you have been diagnosed with IBD, know that you do not need to be held back by your condition. There may be times when you feel unwell but equally there will be times when you will be able to enjoy life to its very full. By taking good care of yourself and managing your condition alongside your healthcare team, you can look forward to a life with no limits."

World IBD Day, led by patient organisations representing 36 countries on four continents, has never been marked in Ireland before. The ISCC Youth Group is celebrating the Day by hosting a charity zorbing event on Saturday, 19<sup>th</sup> May 2012 at 11am. The purpose of the event is to prove there are no limits for people with IBD. The event will take place at Corkagh Park, Dublin. To sign up to take part in the zorbing, which costs €15, please call the ISCC on 01 872 1416 or email [info@iscc.ie](mailto:info@iscc.ie). The ISCC would also be grateful for any donations, which can be made through the website [www.iscc.ie](http://www.iscc.ie)

Denise Keegan, a specialist nurse in IBD, has worked closely with the ISCC Youth Group in developing the Top Tips for Living with IBD. She commented, "These tips will help anyone who has IBD deal with their condition. Whether you are just diagnosed or coping with a flare up, sometimes everyone needs a reminder of the

simple steps that can be taken to get back on top of your condition and to start enjoying life again. There is increasing amounts of support out there for people with IBD so reach out and get in touch with the ISCC if you have not already.”

Declan Healy, Medical Affairs Manager MSD, said, “Given the number of people that are affected by IBD in Ireland, it is fantastic to see that World IBD Day is being marked for the first time. Both the ISCC and MSD’s Get Gutsy website provide excellent resources where you can find all the information you need to help you learn more about IBD. This will help you work closely with your healthcare professional so you can understand your condition better, the treatment options available and make more informed decisions about your own health. Visit [www.getgutsy.ie](http://www.getgutsy.ie) for more information.”

Inflammatory Bowel Disease (IBD) is the name of a group of disorders which causes inflammation of the intestine. IBD includes both Crohn’s disease and ulcerative colitis (UC) which are very similar but affect different parts of the digestive tract. While IBD is a chronic condition, people with the disease can go through long periods of remission. Symptoms can be managed with a combination of care, medication, hospitalisation and sometimes surgery

Symptoms of IBD can include: abdominal pain, a change in bowel habits, urgent and/or bloody diarrhoea, constipation, weight loss, extreme tiredness, nausea and fever.

For a full list of the Top Tips for Living with IBD and the Facebook ribbon image, please visit [www.iscc.ie](http://www.iscc.ie).

**-ENDS-**