

Crohn's Disease – Kids and Teens

Things to remember!

1. You did not get IBD because of anything you ate. You also didn't get it because of something you did or didn't do. You also didn't 'catch' it from anyone else.
2. The causes of IBD are unknown, although a genetic basis, and a 'trigger factor' in the environment, are thought to be involved.
3. There are many other people in Europe who have IBD: up to 1.2 million people, in fact. So you should never feel alone.
4. The symptoms of IBD come and go. Sometimes you may feel sick, but other times you may feel fine. Most people with IBD are healthy more often than they are sick.
5. Even though IBD is a 'chronic' (long-lasting) disease, you can still live a long and fulfilling life.
6. Even though you'll have IBD for life, it doesn't have to take over your life.
7. Having IBD should not define who you are or what you can achieve. You have hopes and dreams and talents just like anyone else – you just happen to have an illness that makes you feel sick sometimes.
8. With determination and persistence, people with IBD can do almost anything they want to do: go to school, work, date, play sports, travel – whatever is most important to you!
9. You CAN learn to cope with IBD. Getting support from others can help you learn how to do it.
10. Your doctor is there to help. Be sure to talk openly and honestly with him about your concerns, questions and goals.
11. Take it slow and don't hesitate to ask for help from others. Tell them what you need and they will usually be happy to help.