

What's next?

Resources from the Crohn's & Colitis Foundation of America

Now that you have the basic information, it's time to move forward with your journey. The resources below should be helpful for finding additional information on living well with IBD. You may also want to read portions of this kit again in the future, and share it with your close friends and family.

Be sure to watch the DVD in this kit and complete the self-addressed postcard. If you complete it, you will receive a free one-year membership to CCFA and will be sent a membership card with an "I Can't Wait" message on the back to help you request restroom access.

Individual Support

The Information Resource Center (IRC) is a support line for patients and caregivers living with IBD. We can help steer you in the right direction—whether you need to locate a doctor, find an education event in your area, or have questions about your disease. Specialists are available **Monday-Friday, 9 AM to 5 PM** Eastern time. Call **888-MY.GUT.PAIN (888-694-8872)** or email info@ccfa.org.

Online Resources

CCFA's website (www.ccfa.org) is a great place to continue your research about the disease and treatments, find a doctor or support group, learn about the latest news and research, and connect with your local chapter. The American College of Gastroenterology's IBD Health Center (www.patients.gi.org) is a multimedia resource center for patients.

CCFA's interactive "I'll Be Determined" website (www.ibdetermined.org) is designed to help you take a closer look at IBD management and includes a special module for newly diagnosed patients, a handy disease management tracker, interactive games, and more.

Connect with others on CCFA's Online Community (www.ccfacommunity.org) and get support in managing your IBD through discussion forums, personal stories, an online support group program, interactive learning opportunities, and more.

Additional brochures and fact sheets on a variety of topics are available at www.ccfa.org. Topics include:

- Medications and side effects
- Surgery
- Managing flares
- Disease complications
- Diet and nutrition
- Social, emotional, and lifestyle factors
- Specialized guides for children, teenagers, parents, teachers, and other school personnel

Programs

CCFA offers a variety of programs that provide education and support to IBD patients, and that help people connect with each other by getting involved.

Go to the "Get Involved" section at www.ccfa.org for more information on:

- Online and in-person education programs
- Exciting and rewarding fundraising programs: Take Steps, a family-friendly walk event, and Team Challenge, an endurance training program
- Support groups and our peer mentorship program, Power of Two
- Camp Oasis, a summer camp for kids living with IBD



**HELP US
FIND CURES!**

CCFA Partners is a unique opportunity for you to contribute to advances in your own care.

By completing a short, confidential survey about your current quality of life and providing occasional updates on your health, you can shape researchers' understanding of IBD. Take the survey, see the latest statistics, and learn more at www.ccfapartners.org.

