

appetite for digestive health
information



www.CDHF.ca



More than 230,000 Canadians are living with Inflammatory bowel disease (IBD). Ulcerative colitis and Crohn's disease are the most well-known IBDs. Causing inflammation (redness and swelling) and ulceration (sores) of the small and large intestine, these chronic illnesses are expensive and can be debilitating.

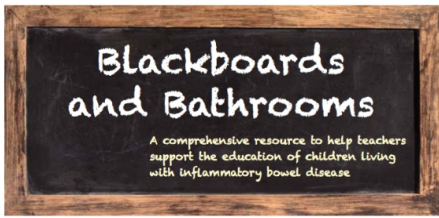
Unfortunately, many people develop IBD during their teens and early 20s – an important socioeconomic period of life. The severity of symptoms may prevent those with IBD from realizing their scholastic or career potential, developing important relationships, and enjoying life.

November is IBD month. You can help those living with IBD enjoy a healthy, happy fulfilling life by learning more about the disease and encouraging others to do the same.

Learn more about IBD by [clicking here.](#)

Help Children with IBD Thrive at School

We all want our children to thrive academically, physically, emotionally and socially. To help minimize the negative impacts IBD symptoms can have on kids in school, the CDHF created Blackboards and Bathrooms. This new resource provides educators with practical strategies and tools to help kids not only survive but



thrive at school.

If your child has IBD, share Blackboards and Bathrooms with your child's school now.

[Take it to school tomorrow.](#)



Understanding the Benefits & Risks of IBD Therapies

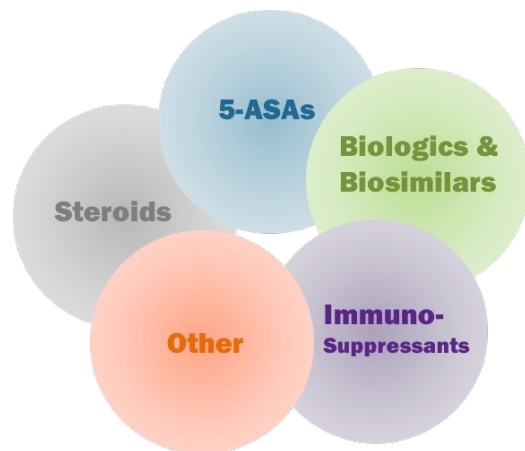
Watch today:

www.CDHF.ca/IBDWebSeminar

If you are living with IBD, you have likely been prescribed medication that you may have to take for the rest of your life. It is important to understand the benefits and risks of those medications.

The CDHF, along with gastroenterologist and IBD expert, Dr. Talat Bessissow presented an interactive session to help explain IBD treatment options. We recorded this session and encourage you to watch it at your convenience.

[Watch Understanding IBD Therapies](#)



This session was made possible through an unrestricted education grant from Abbvie.

LAST CHANCE TO RESERVE YOUR SEAT

Monday Nov 7 | 2016 Design Exchange Centre | Toronto, Ontario

FREE Education Event for the Public

7:00pm - 9:00pm

Learn how to protect and enhance your digestive health from experts who will speak about:

- Meet Your Microbiome



Healthy Gut Summit

- Diet and Digestive Health (fibre, pre and probiotics)
- IBS & Probiotics - Can They Help?
- Colon Cancer
- IBD - Treatments and Pregnancy
- GERD, Acid Reflux and H.Pylori Infections
- Food Demo - healthy recipes and nutrition tips to make every bite count

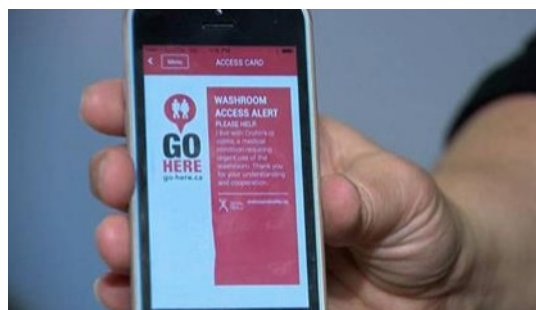
This event is **FREE** but you must register to attend.

REGISTER NOW

Crohn's and Colitis Canada's GoHere Washroom Finder App:

So you know where to go, when you have to go.

The GoHere App helps people find the closest available washroom, anywhere in Canada. You can add new locations, rate and comment on existing ones, and even find washrooms en route to your destination. Available on iPhone, Android and Blackberry TouchScreen.



[Learn more about CCC's GoHere Program](#)



Canadian Digestive Health Foundation | 905.847.2002 | info@CDHF.ca | www.CDHF.ca

Canadian Digestive Health Foundation **UNDERSTAND. TAKE CONTROL. LIVE BETTER.** Helping you take control of your digestive health with confidence & optimism. **DONATE TODAY**

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