

appetite for digestive health  
**information**



www.CDHF.ca

**BACK TO SCHOOL!**

**Blackboards and Bathrooms and PEI, Oh my!**

**Download your comprehensive resource to help teachers support the education of children living with inflammatory bowel disease!**

**CLICK HERE**



**Blackboards and Bathrooms has been created especially for educators:**

Inflammatory bowel disease (IBD) is an umbrella term for two disorders: Crohn's disease and ulcerative colitis. IBD causes inflammation (redness and swelling) and ulceration (sores) in the digestive tract. Those

**This guide will help you understand:**

- the impact fluctuating IBD symptoms can have on your student
- how the disease can impact health, behaviour, and academic performance
- strategies you can employ to minimize the impact the disease has on the

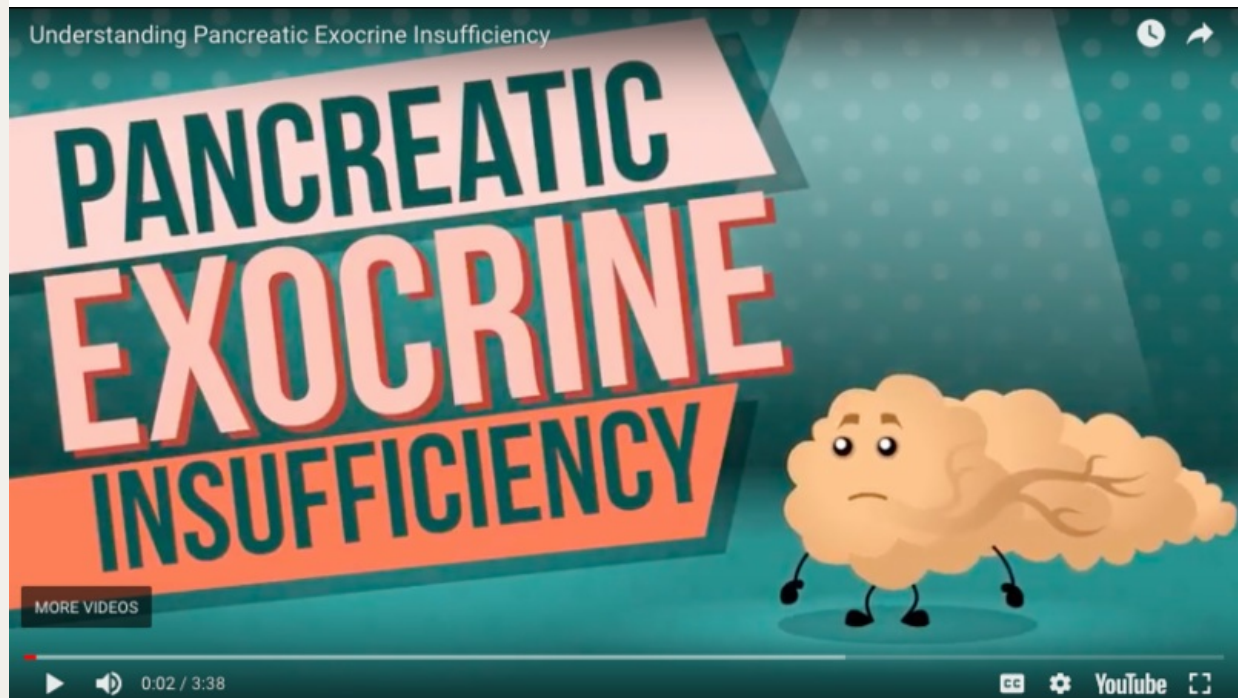
living with the disease frequently experience the urgent, unexpected need to have a bowel movement and often require immediate access to a bathroom. The disease is unpredictable, embarrassing, debilitating and stressful. Students with inflammatory bowel disease (IBD) may need additional support.

[CLICK HERE TO DOWNLOAD](#)

- student's academic performance
- accommodations that may allow students with IBD to have a more positive school experience

Blackboards & Bathrooms provides practical strategies and tools to help students with IBD thrive in your classroom. As a teacher, you have a special opportunity to enrich the lives of students living with IBD. We're hoping this guide will ease the way for you and your students.

## Pancreatic Exocrine Insufficiency (PEI) - *NEW* Animation!



### Watch our *NEW* video and learn about Pancreatic Exocrine Insufficiency! (PEI)

If you have been diagnosed with Pancreatic Exocrine Insufficiency (PEI), you know all about its not-so-pleasant symptoms. There are proactive strategies you can take to relieve your symptoms. Watch our PEI animation to learn about proactive strategies and treatment options that can help you get back to living your life, your way.

[CLICK HERE TO WATCH](#)





**Thank you to all of our riders and sponsors for helping us raise \$60,000 for digestive health research and awareness initiatives!**

Last weekend, a team of enthusiastic cyclists peddled through the Blue Mountains of Ontario in the CDHF RISE Revolution! THANK YOU to our ambassadors – riders and sponsors alike – who’s fundraising efforts are making it possible for Canadians like you to take control of your digestive health!

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## Bring your tummy back in balance with our Tummy Tip Guide



**Eat smaller and more frequent meals** without increasing overall calorie intake. Don't forget to have breakfast and avoid large meals late at night. The last meal should finish no later than 2 hours before bedtime



**Select lean meats** such as chicken, turkey, or lean cuts of beef, pork or lamb



**Avoid foods that are greasy, high in animal fat, and fried**



**Drink plenty of water each day** while decreasing your intake of caffeinated alcoholic, and sugar-rich or artificially sweetened beverages such as pop and fruit juices

[CLICK HERE TO DOWNLOAD](#)



A new natural health product clinically proven to help relieve *Irritable Bowel Syndrome (IBS)*.



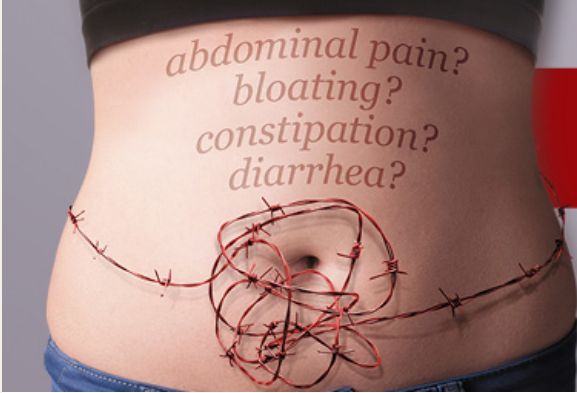
Starts working in **24 hours!**

**SAVE**

**3.00 \$**

[CLICK HERE FOR A COUPON AND MORE INFORMATION](#)





# Tried everything?

Relief is possible.

Ask your doctor about prescription treatment options for your specific symptoms of irritable bowel syndrome.



Canadian Digestive Health Foundation | 905.847.2002 | info@CDHF.ca | [www.CDHF.ca](http://www.CDHF.ca)



**UNDERSTAND. TAKE CONTROL. LIVE BETTER.**  
Helping you take control of your digestive health with confidence & optimism.

**DONATE TODAY**