



July/August 2010

Welcome to the UC and Crohn's Digest, an e-newsletter for teens living with IBD. Read on to find out what's new at www.ucandcrohns.org!

Resources for You

Graduating? Start preparing NOW for how to deal with your IBD in college, especially if you're moving to a new town or living away from home for the first time! "[Taking Your IBD to School](#)" is a great resource for you and your parents. You might also want to visit [IBD U: Graduating to Independence](#), for more information about living with IBD as you move into college and career.

My Story Spotlight



Abby Rose has been through a lot in her struggle with Crohn's, and now she's sharing the things that helped get her through the tough times. [Read her story](#) to find out how she got to a place of "True Beauty."

Do you have an uplifting story about your challenges with IBD? [Share it here](#). Your personal experience may be posted on the site, or even featured in this newsletter!

Ask an Expert

A UCandCrohns.org visitor recently asked us, "Can I still play sports and do other activities?" Good question. See [what our expert said](#).

Life with IBD -- meds, symptoms, side effects, coping -- can be complicated. [Do YOU have a question?](#)

CCFA Corner

Whether or not the weather is hot, it's time for you to CHILL OUT! Why? Because a new study reports that "[Stress May Be an IBD Trigger](#)."

Get Involved

Can you handle a 50-mile bike race? You can if you train for it with three-time Ironman champion Melissa Spooner! Team Challenge, CCFA's endurance training and fundraising program, is expanding to include cycling. Get on a bike, raise money, and cycle for a cure with Team Challenge Cycle: find out more [here](#).

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