

UC and Crohn's Digest

May/June 2010

Welcome to the UC and Crohn's Digest, e-newsletter for the UC and Crohn's website. Read on to find out what's new, then check us out at www.ucandcrohns.org.

We Have A Winner!

Thank you to everyone who submitted videos to the UC and Crohn's "Be an Inspiration" video contest! Apparently, IBD hasn't stopped you from living life to the fullest, and gracing us with your many talents. We'll post the winning entries on the UC and Crohn's website and feature them one at a time starting next month, but we know you've been waiting to find out who took home the iPods:

- **GRAND PRIZE** (16GB iPod Nano):
 - Andre H. from CA
- **RUNNERS-UP** (4GB iPod Shuffle):
 - Erin T. from PA
 - Rebecca G. from IL
 - Nick T. from OH

Congratulations to our inspirational winners! Watch the website for your videos, coming soon....

My Story Spotlight



Caitlyn thought that she "would never come out of the flare." Maybe you've felt this way, too. Take heart! [Read Caitlyn's story](#) of true potential and triumph.

Everyone with IBD has a story, something positive to share in the midst of challenging circumstances -- [share yours here](#). Your personal

experience may be posted on the site, or even featured in this newsletter!

Ask an Expert

Somebody's mom or dad (maybe it was yours!) recently asked us, "My daughter was diagnosed two months ago and she gets flare-ups of joint pain in her ankles. Is that common for UC patients?" Good question. See [what our expert said](#).

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

Camp Oasis

Do you have "spring fever," "senioritis," "the itch to ditch," or any other almost-the-end-of-school mental malady? Need something to get you through the next couple of months? It's never too early to start thinking about summer. Camp Oasis, the summer getaway where you'll meet other kids & teens with IBD, is accepting applications for [campers and volunteers](#).

Resources for You

Is it such a big deal if you miss your meds? It can be. You can be at risk for more flares, maybe even bigger and uglier flares! So, how can you stay on your game when there are so many meds and schedules to remember?

CDHNF is offering a free webinar full of great ideas to help you manage your meds for optimum health. IBD health care professionals and IBD patients (and their parents) will be on hand to answer your questions. Join us for "*Taking Your IBD Medications: Solutions from Children, Teens, Young Adults and Their Families*" on Thursday, June 3rd from 8-9:30PM Eastern (5-6:30PM Pacific). [Register here](#) for the free, live webinar.

Get Involved

Join the walk for a cure...get involved with Take Steps! At more than 100 walk sites across the country, thousands of people will gather this spring and summer to join the fight against Crohn's disease and ulcerative colitis. Learn more at www.cctakesteps.org.

Brought to you by:

