



UC and Crohn's Digest: November/December 2010

The Holidays Are Coming... Are you ready? (Is anyone? Ever? Where did this year go, anyway?) Take a minute to breathe, then check out our [Holiday Survival Tips](#) and [Holiday Food Guide](#) for some handy, healthy ways to navigate this crazy-busy time of year.

Tip of the Day: What do you do if you're not feeling well and have to cancel on a party or other holiday event at the last minute? How much you want to share is up to you, but here's a good way to "[take the mystery out of your no-show](#)."

Do you have any words of wisdom for other IBD teens? [Share your tips here](#).

'Tis the Season... for flu prevention? Don't get sick! CCFA gives you the facts about [The Flu & IBD](#). (Don't forget to cover your mouth when you click.)

Ask an Expert: Everyone's looking to save money, especially during the holiday season. A UC and Crohn's reader recently asked, "Is there any cheaper medicine than Asacol?" See [what our expert said](#).

Do you have a question? [Ask an expert here](#).

"Be an Inspiration" Video Contest Winners: Have you seen our winning videos? Watch them now and be inspired! Congrats again to [Andre](#), [Erin](#), [Becca](#) and [Nick](#)!

Do you have something unique and positive to say about your experiences with IBD? [Share it here](#). Your story could be posted on the site, or even featured in this newsletter!

CCFA Holiday Cards: When you [send a CCFA holiday card](#), you'll not only stay

in touch with your family and friends, you'll also help find a cure. There's a great new selection this year in a range of prices and styles. Best of all, proceeds benefit CCFA's research, education, and support programs. Tell your parents today!

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