



September/October 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!

My Story Spotlight



Paige says, "Finding out I had Crohn's was almost a relief after my first colonoscopy..." Despite the obstacles in her path, Paige has found a way to live, laugh, and achieve. [Read her story](#) to see how her "Life Went On."

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!

Ask an Expert

Going back to school means your daily routine will be changing again. One UCandCrohns.org visitor recently asked us, "Is it important to take your meds at the exact same time every day?" The answer might surprise you. See [what our expert said](#).

Are you newly diagnosed and still learning about IBD? Or maybe you've been living with IBD for a while now, but had a change in your health that confused you? [Submit a question](#) for our experts!

Resources for You

So how CAN you remember to take those meds, with all the distracting excitement and activity of the new school year? One way is to set an alarm on your phone for each time you need to take them during the day. Another way is to use this handy, printable [medication log](#) (and for a list of commonly prescribed IBD meds, [click here](#)).

Tip of the Day

School counselors do more than advise you on classes and college plans. They're trained to help students deal with problems and challenges of all kinds, and can often play peacemaker between you and your teachers or other students.

Read more [Tips & Tidbits](#), and then [submit your own!](#)

Inspiration

If you play a team sport, your participation doesn't have to be "all or nothing." Talk to your doctor and coach to see if there's some way you can stay involved. Can you have a modified workout? Can you share a position with another player? If you're not able to play, can you at least join in with practices on days you feel well enough?

Don't let Crohn's or colitis get in the way of being active and participating in school sports! Did you know that there is an [NFL quarterback with Crohn's](#) disease?

CCFA Corner

You may already know how to deal with your IBD, but there are other people who might need some education! How can you help your parents, teachers and school administrators understand your needs as a student with IBD? Let them know about the newly updated [Parents Guide](#) and [Teachers Guide](#) from CCFA.

Have a great start to your school year, and we'll see you again in November!

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