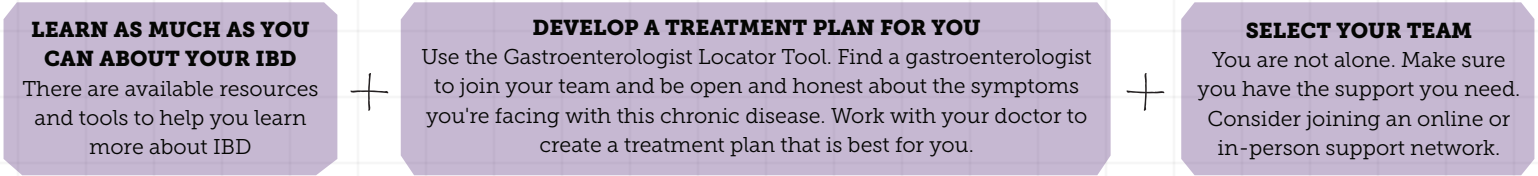
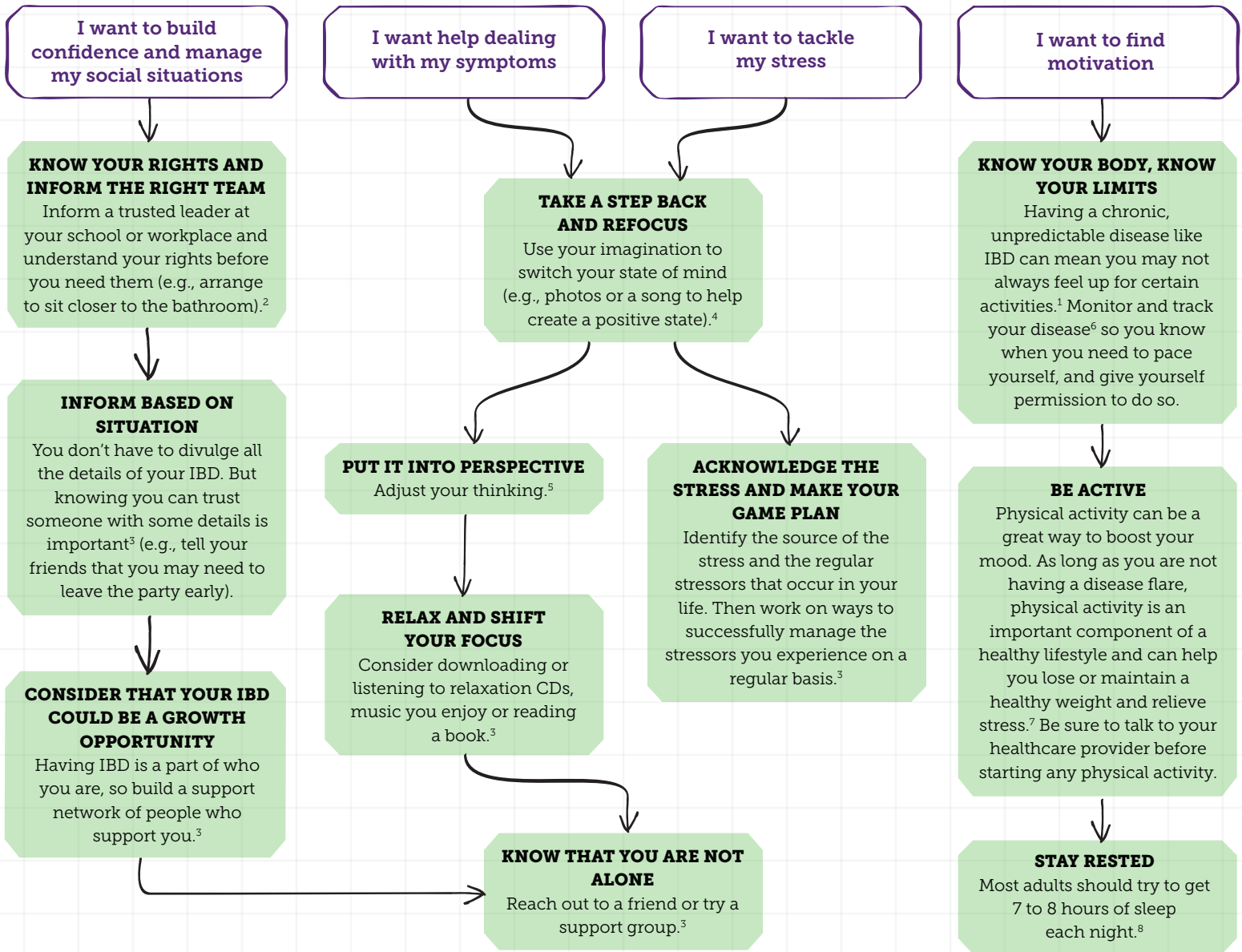


You are not alone. An estimated 1.6 million Americans have some form of inflammatory bowel disease (IBD).¹ Living with Crohn's disease or ulcerative colitis, the two most common forms of IBD,¹ can mean living with unpredictable symptoms. IBD can also create emotional and social challenges. But there is help.

FOLLOW THE STEPS IN THIS PLAYBOOK TO LEARN ABOUT IBD AND WORK WITH YOUR GASTROENTEROLOGIST TO FIND A TREATMENT PLAN THAT ADDRESSES YOUR SYMPTOMS AND MAY HELP YOU ACHIEVE REMISSION.



ONCE YOU HAVE A TREATMENT PLAN IN PLACE TO ADDRESS YOUR SYMPTOMS, CHOOSE THE BIGGEST EMOTIONAL OR SOCIAL CHALLENGE YOU WANT TO OVERCOME AND ADD IT AS ONE GOAL WITHIN YOUR OVERALL IBD GAME PLAN.



HAVING A GAME PLAN IN PLACE IS KEY TO HELPING YOU NAVIGATE CHALLENGES WHEN THEY COME UP!

Don't forget to register for the Restroom Request Card on IBDGamePlan.com so you can discreetly communicate about your IBD and request access to restricted restrooms when unexpected symptoms arise. Remember, before trying any of these tips, to talk about your symptoms and the emotional and social challenges with your physician.

1. The Facts about Inflammatory Bowel Diseases. Crohn's and Colitis Foundation of America website. <http://www.cdfa.org/assets/pdfs/ibdfactbook.pdf>. Accessed May 6, 2016. 2. Everyday Living. Crohn's and Colitis Foundation of America website. <http://www.cdfa.org/what-are-crohns-and-colitis/newly-diagnosed/everyday-living.pdf>. Accessed June 11, 2016. 3. Inflammatory Bowel Disease and Irritable Bowel Syndrome: Similarities and Differences. Crohn's and Colitis Foundation of America website. <http://www.cdfa.org/assets/pdfs/ibd-and-irritable-bowel.pdf>. Accessed June 10, 2016. 4. Keefer L, Kane S. Self-Management Techniques in IBD. In: Cross RK, Watson AR, eds., *Telemangement of Inflammatory Bowel Disease*. Switzerland: Springer International Publishing; 2016:55-70. 5. CCFCA Fact Sheet: Emotional Factors. Crohn's and Colitis Foundation of America website. <http://www.cdfa.org/assets/pdfs/emotional.pdf>. Accessed June 14, 2016. 6. Managing Flares and Other IBD Symptoms. Crohn's and Colitis Foundation of America website. http://online.cdfa.org/site/Pag_eServer?pagename=health_tips_exercise. Accessed May 6, 2016. 7. Health Tips. Crohn's and Colitis Foundation of America website. http://online.cdfa.org/site/Pag_eServer?pagename=health_tips_exercise. Accessed May 6, 2016. 8. What is Sleep? American Sleep Association website. <https://www.sleepassociation.org/patients-general-public/what-is-sleep/>. Accessed May 24, 2016. 35V-1852423