Fast Facts About IBD

- About 61,000 Australians have Crohn's disease or ulcerative colitis (collectively known as inflammatory bowel disease, IBD).
- The number of people with IBD is expected to increase by 23 per cent by 2020.
- IBD is commonly diagnosed between the ages of 15 and 35 years, and can cause significant disability and lengthy absences from school and workplaces.
- IBD costs the nation $2.7 billion every year, and is more prevalent than epilepsy, multiple sclerosis and rheumatoid arthritis. (2007 Access Economics)
- Typical symptoms include the frequent and urgent need to use the toilet, diarrhoea, loss of appetite, fatigue and weight loss.
- The exact cause is unknown, but it is believed it is caused by a combination of several factors, including genetic susceptibility and environmental triggers, possibly a virus, bacterium or protein
- It is not contagious or caused by stress or diet.
- Medications can reduce the inflammation, but surgery is often required to remove diseased portions of the intestine or treat complications.
- A proper diet can help relieve symptoms and replace lost nutrients.

About Crohn's & Colitis Australia™ (CCA)

- CCA is the peak body representing people with Crohn's disease and ulcerative colitis in Australia.
- CCA's mission is to support the Crohn's and colitis community with a focus on confidential support programs, including education, advocacy, counselling, increasing awareness and generating and utilising funds for research and programs.
- CCA's Helpline receives more than 1000 calls a year.
- More than 2000 people attend CCA's information forums, symposiums and camps around Australia ever year.
- CCA is a registered not-for-profit national organisation funded entirely through membership fees, donations and fundraising activities.
- CCA does not receive any government funding.
- For more information visit www.crohnsandcolitis.com.au or phone 1800 138 029.