



Inflammatory Bowel Disease is a term mainly used to describe two conditions: Crohn's Disease and Ulcerative Colitis, both of which are long-term conditions which involve inflammation of the gut. With 500,000 people living with IBD in the UK, it is more important than ever to raise awareness of, and challenge any stigma associated with the diseases. This World IBD Day we are delighted to share an exclusive video created by our Specialist IBD Nursing Team.



A Message From St Mark's Specialist IBD Nursing Team

"World IBD Day gives us the chance to spread awareness of IBD, let people know that they have a fantastic IBD service at St Mark's to support them in their journey and to show the community that there is support and information available for patients and families who want to know more about the disease or get support"

The IBD Team at St Mark's, World IBD Day 2021



Feel emPOWERed: Making the Invisible Visible

Let's make the invisible visible and change the way that we view bowel conditions. An estimated 600,000 people across the UK are living with Inflammatory bowel disease or bowel cancer.. Unlike other illnesses that affect a big portion of the population, these conditions are largely unseen and often treated as taboo. **But they shouldn't be.** emPOWERed. is Making the invisible Visible, starting conversations about these serious bowel conditions and putting an end to the stigma that surrounds them. No one should feel isolated or held back by their bowel condition. Bowel disease does not put a stop to living a full and active life. By wearing your emPOWERed t-shirt, you are joining a community, and together we will increase understanding and acceptance of bowel disease. With all profits from your purchase of our environmentally friendly clothing funding life-changing research

and vital support for those who need it most, shopping at emPOWERed. is truly guilt free. Get your exclusive emPOWERed clothing here: <https://www.empoweredclothing.co.uk/>



Your donations help support pioneering research at St Mark's, the UK's National Bowel Hospital. Please consider making a donation to help support our vital work.

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