



As part of our Patient Perspectives we are delighted to share Andrea's St Mark's Story



"I was grateful to be referred to St Mark's in 2017 when I required further surgery following 14 years of battling with Indeterminate Colitis. I had previously undergone emergency surgery to remove my Colon and had a temporary Ileostomy Stoma formed. The recovery was traumatic causing PTSD, and did not resolve my disease activity.

I was met by the IBD support team and with their care and support, Dr Warusavitarne agreed I was a candidate to have surgery to form and connect an internal JPouch, including removal and closure of my Stoma.

My surgery went ahead in August 2017, however, despite this, I continued to have chronic cuffitis and frequent flares of pouchitis which became resistant to treatment. I was again

suffering extreme pain, incontinence and the impact on my social, mental, and personal health was apparent to all.

After many agonising months and numerous investigations by the amazing St Mark's team, it was agreed my quality of life was being compromised to an extent that further surgery was my only option.

In Feb 2020, my surgeon removed my J-Pouch, carried out a total Proctectomy (removal of closure of the anus site aka a Barbie Butt), and formed a permanent Ileostomy Stoma. This is now where I will stay!

I have my Ileostomy Stoma (Fred the 2nd) which again has saved my life! I had complications recovering but am now healthy and fighting back full force. I have started a new career working in a secondary school as a Teaching Assistant and am looking forward to planning my wedding as soon as Covid restrictions allow.

My family and I can now enjoy life, spending time kayaking, cycling and enjoying the great outdoors, all things that have been impossible in previous years.

I am extremely grateful to the life St Mark's and the amazing team for the life they have given me back. I have a personal blog that shares my experiences and offers support to others at www.stomawarrior.com

Congratulations to the Wolfson Unit for Endoscopy

Congratulations to our incredible colleagues working in the Wolfson Unit for Endoscopy ✨
We are delighted to announce that the Wolfson Unit for Endoscopy has been awarded 'World Centre of Excellence' status for the third time! This designation means that the unit has been recognised for its achievement in endoscopy practice, research and training. It is one of two UK organisations that have received this accolade and we are incredibly proud of our colleagues within the department for their commitment to ensuring that St Mark's continues to provide an excellent service to patients.



This year we are delighted to share an exclusive video from our IBD Nurses in celebration of World IBD day 2021



Work for Good

We have launched our charity page on @workforgooduk where small businesses can now help support the work of St Mark's Hospital Foundation! Work for Good have simplified the process and it is now easier than ever to help support our charity through your business via this platform. Check out our charity page here: <https://workforgood.co.uk/.../st-marks-hospital.../> Thank you for helping to support research, education & innovation at St Mark's, the UK's national bowel hospital 💙



St Mark's is home to Specialist Practitioners, Stoma Care Nurses, the MacMillan Colorectal Cancer Nursing Team, and our IBD Clinical Nurse Specialist Team.

At least **500,000** people in the UK are living with IBD

Our Specialist IBD Teams look after **9,000** IBD patients

St Mark's has made important contributions to the understanding and treatment of IBD which is benefitting thousands of patients worldwide

Between 2016-2020

We turned a £1 donation into an average of **£3** for bowel disease research

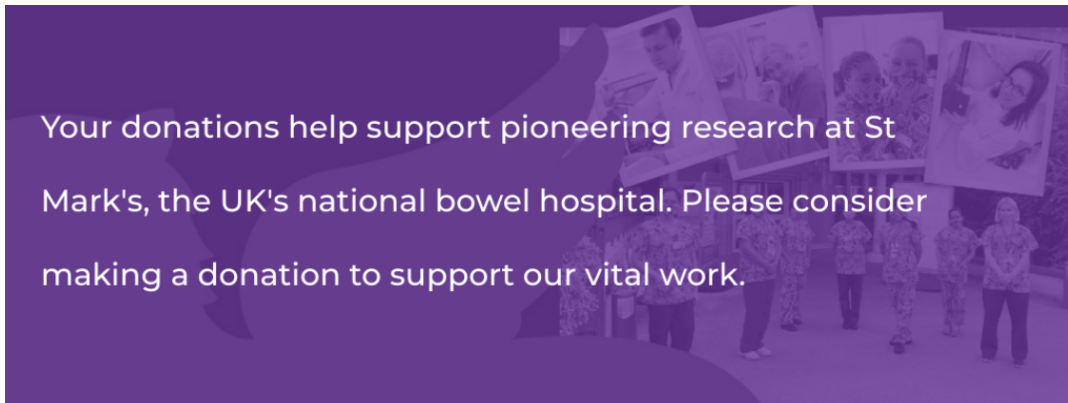
We raised an average of **£831,000 annually** for bowel disease research

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



Looking for a challenge? Join our Virtual Virgin London Marathon Team this October! By running for our charity you will be helping support research, education & innovation at St Mark's, the UK's national bowel hospital. Contact the team today to reserve your spot! Email:

info@stmarkshospitalfoundation.org.uk



Donate Here To Support St Mark's



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