

# Health Awareness

## Crohn's Advocate™ Magazine Offers

### Support To 500,000 Americans With Crohn's Disease

(NAPSA)—About 500,000 Americans live with Crohn's disease, a chronic, debilitating disease that affects the gastrointestinal tract.

As bad as this inflammatory bowel disease is, the isolation it sometimes causes may seem even worse. People find it hard to talk about their experiences because the symptoms, which include diarrhea and abdominal cramping, are not only taboo conversation topics but largely invisible to others, making it harder for outsiders to understand. As a result, people with Crohn's often find themselves battling the disease alone.



Not anymore, however, thanks to a quarterly magazine that chronicles the journeys of people on the front lines of Crohn's disease: those living with Crohn's, their healthcare providers, family and friends. *Crohn's Advocate*™ offers a forum where people can connect, share, learn and feel empowered in their fight.

*Crohn's Advocate* is a free publication that is a unique and valuable resource for the Crohn's community. The magazine is distributed to more than 11,000 subscribers and to gastroenterology offices nationwide. A digital version can be found at [www.CrohnsAndMe.com](http://www.CrohnsAndMe.com), a site sponsored by biopharmaceutical company UCB, Inc.

The publication helps end the isolation that can have both a psychological and physical impact on people living with Crohn's. Hundreds of studies have established that social support is a key component of good



**A magazine can help half a million people connect as it educates and empowers the Crohn's community.**

health and this is nowhere more evident than in the case of Crohn's. Knowing that there are others in the same boat can be as valuable as information about the latest research breakthrough.

Each issue of *Crohn's Advocate* has a column by a physician answering general questions about the disease, stories on breakthrough science weaving in commentary from leading Crohn's experts, stories on interesting people with Crohn's such as a football star, an actor, an artist and an entrepreneur, and even a column by a stand-up comic who has learned to find humor in his disease. Additionally, the magazine includes feedback, insights and stories from readers within the Crohn's community.

If you or someone you know has Crohn's disease, visit [www.CrohnsAndMe.com](http://www.CrohnsAndMe.com) to subscribe to the free magazine—because no one should suffer alone.