

## Taking Steps Toward Better Health

(NAPSA)—While Napoleon may have said an army marches on its stomach, these days, a number of people are walking for their stomachs and those of people they care about in an event called Take Steps for Crohn's & Colitis. It's the largest walk program in the nation dedicated to raising funds and awareness for digestive diseases.

### The Problem

One in every 200 Americans lives with Crohn's disease or ulcerative colitis. These are two painful, debilitating, unpredictable, lifelong diseases that affect the digestive system. Crohn's disease may attack anywhere along the digestive tract, while ulcerative colitis inflames only the large intestine.

### The Signs

Symptoms may include abdominal pain, persistent diarrhea, rectal bleeding, fever, fatigue and weight loss. If you or someone you care about has such symptoms, see a gastroenterologist. There are no medical cures, but there are treatments. These illnesses can cause severe complications, including colon cancer in patients with long-term disease.

### There Is Hope

The Crohn's & Colitis Foundation of America (CCFA) is the leading nonprofit organization dedicated to finding cures for these conditions and helping those who have them live full, active lives. Among the many resources it offers:

- The Information Resource Center provides help through answer chat, phone, and e-mail and can help callers in 170 different languages. It can be reached at 888-694-8872 or by e-mailing [info@ccfa.org](mailto:info@ccfa.org).



**There are 150 Take Steps walks happening nationwide. You can find a walk in your area at [www.cctakesteps.org](http://www.cctakesteps.org).**

- Online—The latest news about Crohn's and colitis, access to educational brochures, webcasts, research updates, and local support groups and events can be found at [www.ccfa.org](http://www.ccfa.org).

- For young people, there's [www.ucandcrohns.org](http://www.ucandcrohns.org) and Camp Oasis summer camps for kids with Crohn's or colitis. Learn more at [www.ccfa.org/kidsteens/about\\_camp](http://www.ccfa.org/kidsteens/about_camp).

- CCFA Partners ([www.ccfapartners.org](http://www.ccfapartners.org)) is an ambitious research study designed to improve the quality of life of patients with Crohn's or colitis through research and education. This online patient registry is designed to help doctors better understand patient issues, how diet affects patients, and how patients receive treatment.

### How You Can Help

There are 150 Take Steps walks happening this spring and fall in communities nationwide. Be part of the cure by registering for a walk in your area at [www.cctakesteps.org](http://www.cctakesteps.org).

### Get Social!

Join our communities at [www.facebook.com/ccfafb](http://www.facebook.com/ccfafb) and [www.twitter.com/ccfa](http://www.twitter.com/ccfa).