How are you feeling today?
Great!
Not really...

THE IMPORTANCE OF LISTENING TO YOUR BODY

WHAT IS A FLARE?
Crohn's disease and ulcerative colitis have times of active disease (when symptoms are present) and periods of remission (when few or no symptoms are present). A flare is when disease symptoms appear. The symptoms of inflammatory bowel diseases (IBD) vary from person-to-person and may change over time. Common symptoms of flares include:
- Not feeling hungry enough to eat your usual amount of food
- Weight loss
- Slower growth
- Abdominal/belly pain
- Joint pain
- Feeling too tired to do activities
- More stools or bowel movements than expected
- Having to run to the bathroom
- Blood in stool
- Slow growth

DON'T IGNORE OR BE SCARED TO REPORT YOUR SYMPTOMS
Fear of getting tests done or going to the hospital may make you want to keep your symptoms to yourself. It's important to be open and honest with your healthcare team about your symptoms. Communication is key to keeping you healthy!

THIS COULD LEAD TO
- Disease that's harder to treat
- Interruption of daily activities
- Worse symptoms

HOW TO RECOGNIZE FLARES EARLY

Contact your doctor when symptoms first appear?
- Learn about IBD and how it affects your body
- Discuss what treatment is best for you, and ask lots of questions
- Remember, you and your doctors are partners in managing your IBD

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