

URGENT
diarrhea

CAN THEY TELL
how much PAIN?
I'm in.

I'm
EXHAUSTED

Oh
there goes my
stomach,
AGAIN...

Ouch! My
JOINTS
are
killing me

A day in the life of my gut.

**Having these thoughts too often?
It's time to spill your guts.**

Why? Because you might have Crohn's disease or ulcerative colitis, also known as inflammatory bowel disease (IBD). The Crohn's & Colitis Foundation can help you find a specialist so you can get your symptoms under control.

Listen to your gut. Visit spillyourguts.org for help today.

**CROHN'S
& COLITIS
FOUNDATION**

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