



## CROHN'S & COLITIS Patient Support Group

Together, we can make life better

**CROHN'S & COLITIS  
SOCIETY OF SINGAPORE**

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We are a group of dedicated volunteers who came together to create a support system for individuals in Singapore diagnosed with Crohn's Disease (CD) or Ulcerative Colitis (UC). These are types of Inflammatory Bowel Disease (IBD) that afflict not only adults but also children. Currently, there are an estimated 2,000 IBD patients in Singapore which includes about 200 children.

While dealing with a chronic illness, individuals and families get so caught up in treatments, tests, doctors' consultations, medications and hospitalizations that they neglect their **emotional & mental health.**

*Crohn's & Colitis can afflict anyone*



## PATIENT SUPPORT GROUP PUBLIC EDUCATION

Before and after diagnosis, feelings of anxiety, sadness, confusion and anger are just as significant as medical complications. Such feelings are natural to individuals of all ages and deserve support or treatment.

Through Patient Support Group meetings, patients and their family members will be able to share their personal experiences. Meeting, seeing and hearing firsthand from other patients is empowering! Periodically talks & workshops will be organized in partnership with Dietitians, Doctors, Psychologists, Counsellors and other experts for the benefit of IBD patients.

Public Education & Awareness will be undertaken so that caregivers, family and friends are made aware of the symptoms, diagnosis and management of these chronic illnesses. Educational Institutions and Employers will be made aware of the needs of children, adolescents and adult patients suffering from Crohn's Disease & Ulcerative Colitis.

## ANNUAL CROHN'S & COLITIS SEMINAR

An Annual Crohn's & Colitis Seminar will be organized to bring together IBD Patients, Family & Friends. At the seminar, learn firsthand from a panel of experts about latest treatment options and resources available to manage nutritional and emotional wellbeing to cope with these chronic illnesses. Contact us to register for the upcoming seminar!

As there is no known cure for Crohn's Disease & Ulcerative Colitis, we will make every effort to garner support for much needed local research.

## FINANCIAL ASSISTANCE

We understand that medical costs to manage Crohn's disease and Ulcerative colitis can be a quite high, please be assured that you are not alone! Talk to your Doctor, Nurse or Medical Social Worker in the hospital to explore your options.

Contact us for some relief that is made possible by the Crohn's & Colitis Society of Singapore:

- (A) Children's Assistance Fund
- (B) IBD Monitoring Fund

## CAN'T WAIT CARD

To request for priority access to use public toilets, CCSS Members are issued a Can't Wait Card. Especially during a flare, this card provides a patient confidence to step out knowing well that a toilet can be used whenever necessary!



## MEMBERSHIP

Based on the Many Helping Hands principle, CCSS warmly welcomes a newly diagnosed patient as well as their family members in Support Group Activities, Educational Seminars and Public Awareness Campaigns. Moreover, we keep everyone in the loop via WhatsApp and email.

Contact us today to join as a member.

## A Message from the President

"After two years of diffuse symptoms, various tests and seeing numerous specialist doctors, in June 2012 I was diagnosed as having Crohn's Disease. As a newly diagnosed patient, it can be quite scary to learn that Crohn's Disease (CD) or Ulcerative Colitis (UC) is a rare autoimmune disease in Singapore. So it is natural that patients like me might not have any family member or friend who has this illness. Our anxieties associated with the diagnosis can be better managed by talking to other Crohn's or Colitis patients.

No patient needs to feel that he is alone or that nobody understands his situation, symptoms and feelings. In fact, when we find a way of coping with our challenges, another patient would benefit from our experience but only if we share!

We need to remember that every month more Children & Adults are being diagnosed with Crohn's Disease or Ulcerative Colitis. By sharing our experiences we will be empowered to face new challenges as we journey with this chronic illness.

Come forward and join the Crohn's & Colitis Society of Singapore. Together, we can make life better!"

**Mrs. Nidhi Swarup**

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Members can join us on Facebook



Another project initiated by **Rotary**





## 克隆恩与结肠炎症 病人支援系统

互相关怀, 使我们的生活更加美好

**CROHN'S & COLITIS  
SOCIETY OF SINGAPORE**  
新加坡  
克隆恩与结肠炎症协会

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克隆恩与结肠炎症协会

我们是一批志愿者, 走在一起为克隆恩与结肠炎症病患者, 在新加坡组织 "一支病人支援系统"。这类型炎症性的折磨, 不仅是成年人, 连儿童也不放过。目前, 新加坡大概有2, 000位 <克隆恩病> 和 <结肠炎症> 病人, 其中包括大约200位儿童病患者。

在治疗这类慢性疾病的过程, 病人和家庭虽然得到医生咨询, 药物治疗和住院的各种测试和诊治, 而医院方面却忽略了病人的情绪和心理治疗。

克隆恩与结肠炎症这两种慢性疾病  
会随时折磨人



## 有关IBD的公共教育

在诊断与治疗的过程, 不难发觉病人有多种情绪, 例如: 焦虑不安, 悲伤, 困惑和愤怒等等。我们吁请医生重视病人情绪的发作, 情感发泄是不分年龄层的, 他们应该得到医院关注, 和寻求医疗专家治疗。

通过病人支援小组在会议上, 患者和他们的家庭成员能够分享他们的个人经验。会议上, 通过 交谈与讨论, 你将能够获得和听到第一手其他病患者的经验与信息! 为了使IBD病人获益, 我们将定期举办会员及家属座谈会, 并主办讲座, 邀请营养师, 专科医生, 心理学家, 辅导员和其他专家轮流主持, 并回答病患者的询问。

公众教育是重要的, 普及公共教育和知识传授必须同时进行, 方便照顾病患者的人士、家人和朋友, 都了解这些慢性疾病的症状和一般基本管理常识。通过公众教育的宣传, 使有关的雇主能进一步理解, 患上这种肠道发炎疾病的青年或成人患者的遭遇与需求, 并开始关注他们, 给予他们心理和生理上的关爱和呵护。

## 克隆恩病与结肠炎 常年座谈会

我们将为您及家属举办常年研讨会, 在研讨会上, 了解第一手的医学专家报告, 掌握最新的治疗方案和焦点视界, 学习如何处理营养和精神健康, 以应付这些慢性肠道疾病。

请联系我们, 报告参加即将举行的研讨会!

到目前为止, 医学界尚无良方医治这两种疾病。我们将竭尽所能, 争取各方面支持, 加速本协会对这两种疾病的研讨。

## 会员可以申请协会的 财务协助

- 儿童财务支援基金
- 肠道炎症支援基金



## 特备会员 紧急上厕使用卡

## 欢迎你和家属加入 我们会员群体

## 本协会经常为会员主办医疗咨 询及教育讲座, 小组支援活动 和关怀会员



## A Message from the President 会长 献词

经过两年的弥漫性症状, 我看了多位专科医生, 也做了各种体检, 于2012年6月, 我被诊断为克隆恩病患者, 得知克隆恩病 (CD) 和结肠炎症 (UC) 是一种罕见的自身免疫性疾病。作为一个新确诊病例, 想到自己的体内将会不定期排便, 我心里自然相当困惑;像我这种病患的人很稀少, 可能连家属或朋友, 都没有这样的病例。据说, 至今医学界尚未找出这病症的由来和医疗良策。本协会与其他克隆恩病或结肠炎病患者, 都担心医生将如何诊断与医疗, 我们恳切期盼医学界早日找到这种疾病的病 "症", 医生专家能够很快 "对症下药", 减轻患者的痛楚, 让患者过着一般平常人的 "无流血" 生活, 功德无量, 造福人类。

我们希望没有任何一个患者, 感到自己是孤独的或被遗忘的, 其实, 社会上人人都能够理解他的情况, 症状和感受。当我们找到一种良方对付这种疾病的挑战, 另一名病例将受益于我们的经验, 可见, 分享是重要的!

我们必须记住, 每个月新加坡都有儿童及成人被诊断为克隆恩病或结肠炎病患者, 本协会努力通过我们的经验, 共同与这种慢性疾病挑战。

我们欢迎这种慢性疾病的病人, 尽快加入我们的队伍, 成为本协会CCSS会员, 一起来探讨, 共同扶持, 互相关怀是本协会的宗旨, 让我们生活更加美好! 大家环绕在我协会的旗帜下, 团结一致, 为争取会员的医疗福利而努力。

我们吁请政府和医学界积极关注这种顽疾有年轻化的倾向, 年龄小至5岁的, 也难逃一劫。

会长 尼蒂夫人

此外, **Rotary** 还策划另一项社区计划

**CROHN'S & COLITIS  
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新加坡  
克隆恩与结肠炎症协会

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