

WORKING / NOT WORKING

working



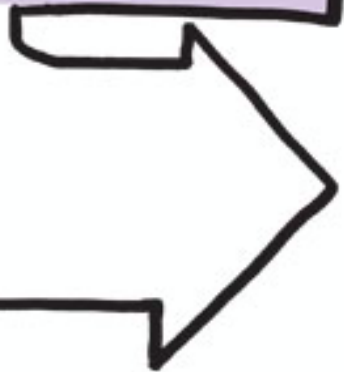
Having a direct line to my consultants office, so it saves time when i need help. At the moment Infliximab is working (fingers crossed). Being able to sit with Rachel (colitis specialist nurse) whilst having i.v meds and being able to chat about anything thats worrying me.



not working

Having to re-learn what my food intolerances are. Getting tired easily and learning when to 'give-in' and rest. Having to explain to everyone when i'm having a bad day, it happens so often i feel like people loose interest when i mention it. The affect that emotional stress has on my gut & bowel...makes me very unwell and then its hard to get the colitis under control again.

Explore how i can prevent & manage emotional stress - and still have a life!! Try books and internet sites first. Keep a food diary to notice my intolerances.



next steps...