



I was diagnosed in 2000 with Ulcerative Colitis (UC), which is Inflammatory Bowel Disease (IBD)

Ulcerative Colitis is a form of colitis, a disease of the colon (large intestine), that includes characteristic ulcers, or open sores. The main symptom of active disease is usually constant diarrhea mixed with blood.....

Here are some links to tell you more:

- [NACC](#)
- [Wikipedia](#)
- [NHS](#)

I manage my UC with [ASACOL](#) Mesalamine tablets and enema during a flare up

I foolishly did not tell my employers about my illness, and now think it had a large part to play in my mental breakdown in 2009 and my current anxiety and depression problems.

Recently my GP suggested I may also be suffering from [Irritable Bowel Syndrome](#), triggered by stress - I admit that I must follow this up.

I have joined [Crohns and Colitis UK](#) a UK charity for IBD sufferers.

They have a number of leaflets and information that can be downloaded - [Click Here](#)