

Living with Ulcerative Colitis



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Crohn's Disease

7th IBD
Open Day

St Mark's Hospital
Watford Road, HA1 3UJ

10.30am - 3.30pm

Saturday 18th May 2019

Talks and Stalls
on Inflammatory Bowel Disease

www.stmarkshospital.nhs.uk



St Mark's IBD Patient Panel was founded with support from Crohn's and Colitis UK

**CROHN'S &
COLITIS UK**



children with crohn's and colitis

Living with Ulcerative Colitis and Crohn's Disease



St Mark's Hospital's **Inflammatory Bowel Disease Patient Panel** will be joined by stalls from the following St Mark's staff, charity groups and organisations: **Stoma Care Team, Surgeons, Dietitians, Nutrition Nurses, IBD Nurses, Research Specialists, Pharmacy, Smoking Cessation, Friends of St Mark's, St Mark's Hospital Foundation, Crohn's & Colitis UK, Crohn's in Childhood Research Association, Red Lion Group, Inside Out Stoma Support...and others.** Come along and take a walk through our **Giant Inflatable Bowel.**

10.30am **Doors open and a chance to visit stalls before the first talks of the morning**

11.00am Opening address in the Himsworth Hall followed by a brief history of St Mark's Hospital

11.20am Short talks given by St Mark's experts

- How Bowels work
- Current medical management of IBD
- Surgical management of IBD
- What do we need to know about Biosimilars?

12.30pm **Buffet lunch & stalls**

A ninety minute lunch break provides another chance to visit stalls and to talk with St Mark's staff and representatives from the attending charities.

During lunch, there are three seminars, '**Education & Children: Young people with IBD,**' '**Pregnancy & Fertility in IBD**' and '**IBD for Beginners**'. Guests will be able to have lunch and visit stalls before and after these seminars.

2.00pm The afternoon session consists of talks on a range of topics relating to Inflammatory Bowel Disease.

- Specialist nursing services at St Mark's Hospital
- Mental health: Coping with IBD
- The future of IBD at St Mark's Hospital
- Current research at St Mark's Hospital

3.00pm End of day Q&A with a panel of IBD experts and closing remarks

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Space is limited in the Himsworth Hall, so please arrive early to avoid disappointment. Unfortunately, although the event is free, the usual hospital parking charges apply. Guests with particular dietary needs are welcome to bring their own food. All details of the day were correct at time of going to print. However, the talks and stalls are subject to change. To find the most up to date details of the day, please visit the hospital website:

www.stmarkshospital.nhs.uk