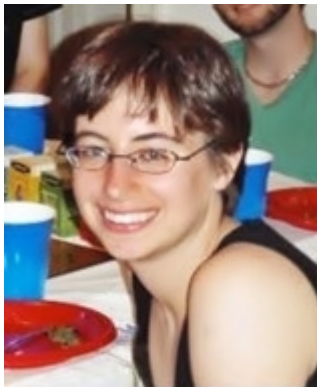




Meet Rachel



After months of trying to ignore her increasing symptoms, Rachel was diagnosed with ulcerative colitis in the winter of her senior year of high school. The next year was extremely challenging, as she spent more time in the hospital than out. While her friends were enjoying the freedom that came with senior year, she was tied down to medications, endless diagnostic tests, infections, and other complications that kept coming her way. Finally, with a mix of steroids and immunosuppressants, Rachel was declared in remission.

Rachel has found that even in remission, her IBD can't be ignored. She must follow a restricted diet and take over 18 pills a day to remain healthy, and some carry hefty side effects and risks. She must keep up with regular doctor's appointments and tests, and still experiences occasional symptoms as well as joint pain and fatigue, which often accompany IBD. The worst part is never knowing when the disease will strike again.

Rachel refuses to let her struggles with this disease control her life, even if it often feels that way. She is working hard as a graduate student and completed the Miami Half Marathon with Team Challenge last January. Being part of Team Challenge was an incredible experience, as she got to meet so many others who have been fighting the same battle, and had the chance to take a stand against IBD. Rachel hopes that many others will feel empowered by Team Challenge, and help to spread awareness and raise money to fight IBD.

Team Challenge
CROHN'S & COLITIS