

IBD Insights: living with the disease

Introduction to *IBD Insights: Living with the Disease*

IBD, which stands for inflammatory bowel disease (including Colitis & Crohn's Disease and Ulcerative Colitis) is a serious, chronic digestive disease that affect five million people worldwide. There is no cure and no known cause.

At APC we are investigating the role the microbiome, immune system and lifestyle may play in IBD. A better understanding of these diseases will allow us to develop new therapies, treatments, and innovations that are tailored to tackle this chronic disease that impacts millions worldwide.

IBD Insights is co-authored by researchers and a panel of patient collaborators as part of a wider public and patient involvement (PPI) study. We understand and value the importance of incorporating the patient voice in how we plan, design, manage, conduct, and disseminate our research at APC, all the way through to how our work is channeled into industry and the food and health products we consume. PPI is research carried out 'with' or 'by' members of the public rather than 'to', 'about' or 'for' them'.

IBD Insights was created to share information our PPI panel felt was important to the IBD community. The articles will include a summary of the PPI panel's perspective written by Kevin Moore (one of the participating patients) alongside a short piece titled "the science behind" to explain more on the actual science and written by Naomi Hanrahan, an APC PhD researcher and reviewed by an expert panel.

Everyone's IBD journey is personal to them, but it is the hope of this PPI project that some of the information we cover will apply to the reader and add value to others going through some of the same challenges.

This mini-series will contain five separate posts:

- 1) Patient-to-patient tips on disease management
- 2) Defined or restrictive diets for IBD
- 3) The Microbiome, Nutrition and IBD
- 4) Mental and Physical well-being and IBD
- 5) The PPI experience