



Living with IBD

The Patient Experience

Lori Plung
Patient Advocate

Crohn's & Colitis
Foundation | UPMC
IBD Patient Support Group

**CROHN'S
& COLITIS
FOUNDATION**

Address: Pittsburgh, Pennsylvania (for local meetings, see Zoom currently)

To Inquire: lori.plung@gmail.com (412) 780-2019

Chapter: Western Pennsylvania/West Virginia Chapter

Meets: 1st and 3rd Tuesday, Monthly, 6:30 - 8:00PM, Virtual

The UPMC IBD patient support group meets virtually in the evenings on the first and third Tuesdays of the month. Join us for support, education, and guest speakers in a safe and non-judgmental environment.

Everyone is welcome, and you do not have to be a UPMC patient to attend.

Email Lori Plung at lori.plung@gmail.com for more information.

UPMC **UP** **UP**
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Who is Lori Plung?

- Wife
- Mom
- Doggie Mom
- Pittsburgh Steeler Fan
- IBD Patient Advocate
- Crohn's Patient



Crohn's Patient

Crohn's Disease- 44 years

Ileostomy - 36 years

Short Bowel Syndrome

TPN Dependent

Six Major Abdominal Surgeries





My IBD History

Crohn's Colitis

Perianal Fistulizing Disease

Small Bowel Crohn's

Stricturing Disease/Obstructions

6 Abdominal Surgeries spanning from 1988 to 2022

Ileostomy

Short Bowel Syndrome

Parental Nutrition/TPN



Lori's Tips for Living with IBD



Stay educated



IBD Physician
and Team



Mental Health



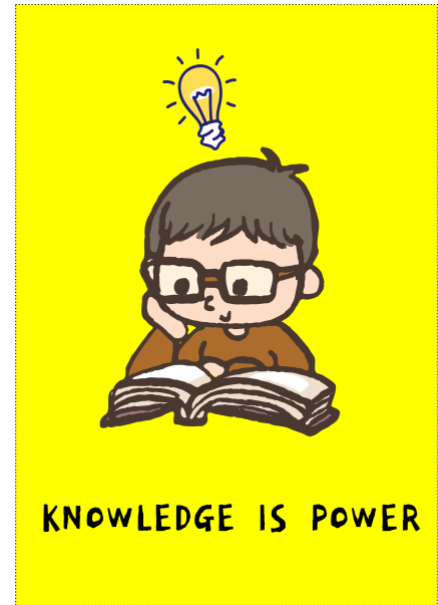
Self-Advocacy



Peer Support

STAY EDUCATED

- Patient Education Conferences
- Websites
- Social Media
- IBD Team



Knowledge
+ Action
= Power

PATIENT AND CARE TEAM RELATIONSHIP



Communication

Trust

Shared Decision Making

Advocate

Quality of Life

Team Sport- Patient, IBD Team, and Surgeon

MENTAL HEALTH

Post Traumatic Stress in IBD Patients

- Approximately one-quarter of patients with IBD report substantial PTS symptoms because of their illness experiences.¹
- PTS was associated with more severe IBD, higher odds of hospitalizations and surgeries, increased outpatient HCU, and increased anxiety, depression, fatigue, and pain interference.¹

IBD Mental Health Professional

- Coping Skills
- Ongoing Therapy

Nutrition Support Dietitian

- Dietary Guidance
- Food Fear

What Is Self-Advocacy?

It's the ability to speak up for yourself.

It's the ability to identify your needs, communicate them clearly, and help others understand how they can support you.





PEER SUPPORT

Support Groups

One to One

Online Communities

Social Media



TAKE HOME MESSAGE

Living with IBD is hard AND you can enjoy a happy productive life

Empower yourself with knowledge

Cultivate a relationship with your care team

Mental health and IBD often go hand in hand

Don't be afraid to advocate for yourself

Surround yourself with others who are just like you.



Thank You!

Lori Plung

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