



Crohn's and Colitis  
Foundation of Canada

Fondation canadienne des  
maladies inflammatoires  
de l'intestin

# WELCOME TO THE CROHN'S AND COLITIS FOUNDATION OF CANADA



*Our Mission:*  
**Find the Cure**

## WHO WE ARE

The Crohn's and Colitis Foundation of Canada (CCFC) was founded in 1974 by a group of parents whose children were diagnosed with inflammatory bowel disease (IBD). They were concerned about the lack of funding for IBD research and they were interested in learning more about Crohn's disease and ulcerative colitis.

From that small but dedicated group, CCFC has grown to become a world leader in IBD research funding. Through the support of our generous volunteers, sponsors and donors, CCFC funds research projects that probe the mysteries of IBD. We know that life-altering treatments have been developed as a result of these discoveries, and we also know that one day, a cure will be found.



# WE ARE ON A MISSION



To achieve our goal of finding the cure, CCFC is committed, first and foremost, to raising funds for medical research.

We also believe it is important to raise awareness about Crohn's disease and ulcerative colitis by educating people with IBD, their families, health professionals and the general public about these diseases. There are many challenges for people living with IBD, ranging from lack of awareness of IBD as a chronic disease, to social stigma, to lack of equitable access to expensive IBD medications.

## RESEARCH – THE REASON WE EXIST



CCFC believes that multiple research approaches are required in the search for a cure for IBD. IBD is a complex set of conditions, possibly triggered by an interaction between genetic, environmental and microbiological events. The highly integrated but differentiated set of circumstances that cause the onset of IBD can be varied; thus investigations must also be varied.

CCFC currently funds more than 30 research projects annually, and has provided more than \$65 million in research funding since its inception. In addition, we partner with many other research organizations to co-support investigations and build the global IBD knowledge base. We share, we learn, we grow together. Through our efforts both within Canada and internationally, we collaborate to uncover the secrets that will cure IBD.

One major CCFC-funded research project has great potential for uncovering the cause, and consequently the



cure, for Crohn's disease. The Michael J. Howarth IBD GEM Project is a Canada-wide research study that is investigating the potential causes of Crohn's disease by following 5,000 healthy individuals who are at higher risk for developing the disease over time. This is the first study of its kind to investigate the complex genetic, environmental and microbial interactions within our bodies. The potential of the GEM project is enormous. The GEM study has gathered nearly 1,500 relatives of Crohn's disease patients across Canada and is tracking them to see what factors have changed if and when they themselves are diagnosed with Crohn's. The participation of these subjects is now providing benefits world-wide, as the biologic samples collected for GEM are shared with related international autoimmune disease research projects.

If you have Crohn's disease, we encourage you to ask your siblings and/or offspring to participate in the GEM study. If you have a full-sibling or parent who suffers from Crohn's disease and you are between the ages of six and 35, we invite you to enroll in this project. Please see [www.gemproject.ca](http://www.gemproject.ca) for information on the GEM project.



## CCFC AND YOU

CCFC is here for you as you embark on a journey to learn all you can about Crohn's disease and ulcerative colitis. In addition to the booklets in your Newly Diagnosed kit, CCFC has more educational information available in print and on our website at [www.ccfc.ca](http://www.ccfc.ca). We invite you to visit us there or contact your local chapter for free copies of our booklets.



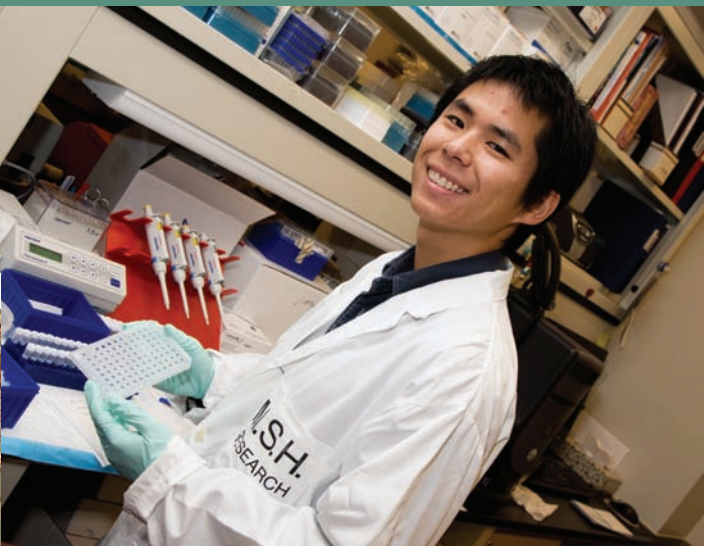
CCFC local chapters are a great way to meet people with a common interest in IBD and to learn about tips for managing your condition. Educational events are often held in support of those seeking answers to questions about IBD.

There are CCFC regional offices and local chapters across Canada, which are great resources for networking and learning more about IBD. Chapter members can also get involved in fundraising activities such as our annual Heel 'n' Wheel-a-Thon, M&M Meat Shops Charity BBQ Day, Fall Fundraisers, sports tournaments and whatever else creative people can dream up! It's all about **fun** and **fundraising**.

If you want to learn more about IBD and meet people who share the same experiences and interests as you, contact the regional office closest to you, or look us up on our website.

Our national office is located at 600-60 St. Clair Avenue East, Toronto, Ontario. If you need further information, please call us at (416) 920-5035 or toll-free at 1-800-387-1479. We'd love to chat with you!

# DONATE AND MAKE A DIFFERENCE



To find the cure for IBD we need to support the researchers who have dedicated their lives to unlocking the mysteries of IBD. This takes long-term funding support and CCFC is committed to providing it. You can help by making a one-time donation, becoming a monthly donor, or making a charitable bequest in your will. Anything you do will make a difference.

Certain gifts also offer tax benefits to you and your family. What a bonus – you help find a cure for IBD and you get a break on your taxes at the same time! Speak to us about the advantages of giving securities, bequests and life insurance. Ask about the changes to Income Tax Laws (2006) that benefit donors who give stocks, bonds, mutual funds and royalties to charities such as CCFC. For more information, please contact Trish Long, Associate Director of Development at (416) 920-5035 or toll-free at 1-800-387-1479 ext. 210 or [tlong@ccfc.ca](mailto:tlong@ccfc.ca).

## BECOME A MEMBER



Members are a vital part of CCFC; they are the foundation of our organization and the heartbeat of our drive to find the cure. A \$30 annual fee entitles members to useful information about local activities and education events; a copy of our **Annual Report**, a membership card and pin, and a subscription to **The Journal**. Published three times a year, this subscription is filled with helpful information on IBD, inspirational profiles, current research reports and updates on Foundation activities.

Join a team that helps you help yourself and those you love! Go to [www.cffc.ca](http://www.cffc.ca) to sign up today!

# VOLUNTEER

It is very true that when you help others, you help yourself. Volunteering with CCFC is a tremendous way to get involved with a worthwhile cause. We provide orientation, training, newsletters, support and guidance so that our volunteers have a great experience. In fact, we believe that volunteering with CCFC is an unforgettable growth opportunity and contributes towards an excellent foundation for future job opportunities.

We have many exciting and rewarding volunteer positions available in every chapter. To find out more about volunteering with CCFC, please contact us at [volunteer@ccfc.ca](mailto:volunteer@ccfc.ca) or 1-800-387-1479.

CCFC is here to support you in your search for information about Crohn's disease and ulcerative colitis. Perhaps one day, you can also be there for others who suffer from inflammatory bowel disease. Join the Crohn's and Colitis Foundation of Canada and help us in our fight to eradicate IBD from the world. Together we will find the cure.



## REGIONAL OFFICES:

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For more information on Foundation activities, visit our website ([www.cffc.ca](http://www.cffc.ca)) and join our team today!

[www.cffc.ca/contact](http://www.cffc.ca/contact)  
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