

# IBD DOESN'T DEFINE ME



My name is Aidyn and I am currently in Grade 12 getting ready and excited for a new chapter to my journey in life. Graduation is in my near future, and I am anxiously awaiting what life will bring to me in the coming years.

I am completely honored and surprised to be asked by the Kamloops Crohns and Colitis foundation chapter members to be their “Honorary Chair” representative for this year’s Gutsy Walk 2019.

My story is not a tale of woe, but a description of how challenges can bring strength and community to a person and one’s family. I was diagnosed with Crohns Disease in the summer of 2016, and like many other people’s stories, had symptoms at an early age but no official diagnosis. I was extremely fortunate that my mother persevered with the Gastrointestinal Specialists in Kamloops who then were able to connect with BC Children’s Hospital. I had a consult with the GI team in Vancouver, B.C. during the first week of June 2016 on a Tuesday and had a colonoscopy on the Thursday. “Crohns was finally my unquestionable Diagnosis” I honestly remember feeling relieved that I was not losing my mind but also thought **“What does this mean? And How Can I Conquer this Disease”?**

All I could do from that point on was to figure out:

- 1) What was I going to be was dealing with regards to my future?
- 2) How do I educate myself placing priority to health and healing?

I am pleased to announce that I am currently in remission with the help of a weekly Biologic and an immunomodulator. I have an amazing relationship with my GI Specialist, and she keeps me motivated and "In Check" with life. I currently hold a part-time job at Browns Social House who also has been an amazing support to my journey. I have been accepted at "TRU University" and will begin as a full-time student. I plan to pursue a Master's in Education.

I feel that anyone can accomplish life's challenges. I want to leave you with a quote that resonated in my understanding in life and my IBD diagnosis: John C Maxwell states: "Your Attitude Determines Your Actions, and Your Actions Determines your Accomplishments".

Thanks Again Kamloops for choosing me as your "Honorary Chair for this Year's Gutsy Walk 2019"