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BELGIUM

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FINLAND

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IRELAND

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NORWAY

PORTUGAL

SLOVAKIA

SLOVENIA

SPAIN

SWEDEN

SWITZERLAND

UNITED KINGDOM

TRAVELLING WITH IBD: TRAVEL INFORMATION FOR PEOPLE WITH CROHN'S DISEASE & ULCERATIVE COLITIS

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INTRODUCTION TO EFCCA and TRAVELLING with IBD

In Year 2006 and in co-operation with the European Federation of Crohn's & Ulcerative Colitis Associations (EFCCA) member national associations we have updated the English Language information we have available to assist people diagnosed with Crohn's disease or Ulcerative Colitis who wish to travel to many of the countries within Europe.

We have decided for the first time to make this English language material available in downloadable PDF files via the EFCCA website where there are separate files for most of the EFCCA member association countries. Among the information you will find some useful local language expressions and phrases and to assist an outline schematic of the human body and intestine. A contents list can be found later in this introduction.

Alternatively you may prefer to apply to your home country's national Crohns and colitis patient association who may also have further information available in the local language. The organisations contact details can also be found on the EFCCA website at: www.efcca.org There you will also find other background information about EFCCA.

You will see that we will use the term "IBD" (Inflammatory Bowel Disease) to refer to both Crohn's disease and Ulcerative colitis.

The European Federation of Crohn's & Ulcerative Colitis Associations prime objective is to improve the well-being of people of all ages diagnosed with IBD and to work with and on behalf of the member associations at the European level and beyond, through the links it has established with other sister associations around the world.

Some people with IBD - and perhaps, their partners and friends travelling with them - may be worried about going abroad. In the following files you will find the answers to many questions, which you may have about travelling with IBD. EFCCA hopes that you will have the confidence to travel as it can be important for people with a chronic condition to be able to distance themselves from their illness from time to time and a holiday can often help.

European Health Insurance Card formerly E 111: Within the various national association information pages in this document you will see reference to the **Form E III**, however a new **European Health Insurance Card** is being progressively introduced across Europe as the successor to the EIII and more information can be found about the EHIC on the EFCCA website or from the health or sanitary services of national governments.

Travel Insurance: You should also ensure that when arranging **travel insurance** this should be adequate and be written to cover your IBD related problems. Increasingly many Insurance policies exclude cover arising from pre-existing illnesses and will probably refuse claims. So make sure that your travel policy offers full cover. You may also have to confirm that you are not travelling against your doctor's advice.

Your medication and other necessary items: Do be sure to **take sufficient medication and IBD related necessities** when you travel. It is important too **consider whether you require vaccination** and if so to remind the Doctor about your past and present treatment programmes, especially immunomodulating therapy. More information is given in the country specific sections that follow.

Medical Passport: We suggest that you make use of the Medical Passport which can be obtained from your national Crohn's and colitis patient association or via the EFCCA website at: www.efcca.org where it can be found in a downloadable format.

Security Checks: You may have to undergo security checks i.e. at airports, railway stations, on boarding ships, entering buildings of public interest and during spot checks. On demand be ready to show your pill - boxes and other medicines, also any medical appliances. On body searches stoma bags and added sanitary protection may be felt. Therefore it may be also helpful to show a letter (of explanation) from your Doctor also the completed "Medical Passport" – see Note iii – especially if you are asked to enter a separate room for an examination by the security staff. Be aware of your rights to ask for a qualified person to be available in case of need

Finally please note that the Travel information provided is particularly focussed upon the needs of IBD patients and has been prepared with the help and experience of many patients and member associations. Nevertheless, we may have omitted some detail, which you would find useful, or some of the information may have been overtaken by a new development of which you are aware.

In either case, we would ask you to inform your national association and the EFCCA Secretariat at: secretary@efcca.org and we can then use your comments to continue to update our information.

We would also warn you that while we have been careful as we can with the information contained in the document, it is only intended as a guideline for you on your travels. EFCCA cannot accept any responsibility for your use of it and, in particular, you should not take any drugs or other medication or change any regime without consulting a qualified medical practitioner. We hope, however, that it will be the key to your being able to "get away from it all" and we wish you happy and trouble-free holidays and travel.

**European Federation of
Crohn's and Ulcerative Colitis Associations - EFCCA**
Seat: Heverlee, Leuven, Belgium – Registration No 1096/97
Website: www.efcca.org

Please check the EFCCA website to view currently available travelling with IBD country files.

Other European area information: [Crete \(Greece\)](#)

Within the Travelling with IBD (ENGLISH LANGUAGE) PDF file you will find a document for each of the countries listed earlier. Each contains the following sections:

- Country Introduction
- Before you come
- When you are there
- Eating and drinking
- Treatment of mild diarrhoea
- Seeking medical assistance
- Public and Private Services
- What about your drugs
- Returning early through illness
- Schematic drawing of the human intestine
- Schematic drawing of human body
- National Crohn's and colitis patient association contact points including young people

IN THIS DOCUMENT YOU WILL FIND TRAVELLING WITH IBD GERMANY



TRAVELLING WITH IBD GERMANY

INTRODUCTION TO GERMANY

Welcome to Germany!

The Federal Republic of Germany with its about 82 million inhabitants is situated at the very heart of Europe and astounds the visitor by its diversity and splendour. It ranges from the North Sea and the Baltic Coast with their beaches of fine, white sand over low mountain ranges and valleys to the snow-capped mountains of the Alps. In between you can discover a lot of picturesque villages and castles as well as the Black Forest which extends along the Rhine, close to Lake Constance, Switzerland and Alsace. The region is very famous for its traditional hats and cuckoo clocks. Or think of Germany's elegant cities full of history and life such as:

Berlin

Berlin is the political and cultural capital of Germany which has been shaped by its turbulent history. No other landmark better symbolises German history than the Brandenburg Gate. When the Berlin Wall fell in 1989, thousands of Germans from East and West met at the Gate to celebrate the opening of the borders, which in the following year led to the reunification of Germany. Today, the Reichstag building symbolises Berlin's role as the new capital. Its glass dome by leading architect Sir Norman Foster is publicly accessible. And, as you can see from the modern architecture of, for example, the central station, Berlin is currently reinventing itself once again.

Munich

Munich, Bavaria's modern metropolis on the banks of the river Isar, impresses the visitor with its uniquely laid-back attitude. The greatest event here is the world-famous Oktoberfest, which despite its name already begins in the middle of September and already ends at the beginning of October. The festival held on the Wies'n fairground is opened with the traditional cry of "O'zapft is" (the barrel is tapped).

Cologne

Cologne has been shaped by 2,000 years of cultural history and a combination of Roman, medieval and modern influences. The famous landmark at the heart of the city, Cologne Cathedral, is a meeting place for people from all over the world and a masterpiece of Gothic architecture. Carnival is some kind of famous five-day-party, where the "Jecken" (carnival jesters) celebrate in a traditional fashion, organize parades and other events and have loads of fun.

Hamburg

Hamburg is located on the Elbe and Alster rivers, and its harbour is a gateway to the world. In addition to that, the city is famous for its captivating musicals, unforgettable theatre, the "Michel" (a huge church) and the nightlife in St. Pauli, the city's entertainment quarter and red light district. But it is not only an area of sex shops and strip shows, but offers a lot of bars, pubs, cafés and clubs, where visitors and locals come to relax and have fun.

Frankfurt

Frankfurt has an internationally renowned trade fair centre and the tallest building in Europe, the famous Zeil shopping street and. The picturesque Römerberg square is lined with historical timber-framed buildings.

Dresden

Dresden, the capital of the state of Saxony, is a city of art and culture on the banks of the river Elbe. Its certainly most famous attraction is the baroque Church of Our Lady. Its destruction and rebuilding symbolises the history of the city like no other building.

Münster

Münster was the first German city that ever won the Gold LivCome Award as "the most liveable city worldwide". The price is awarded by the United Nations Environmental Programme (UNEP) and International Federation of Park and Recreation Administration (IFPRA), after categories such as the environment and the landscape, citizen participation, the preservation of the historic heritage and sustained planning for the future have been evaluated. The city is famous for the Prinzipalmarkt with the Lamberti Church and the City hall of the Westphalian Peace. In addition the international sculpture exhibitions, the Picasso-Museum and the Christmas markets attract a lot of tourists. Not only the approx. 50,000 students, but statistically every single inhabitant of Münster has more than one bicycle.

Accommodation

Hotels in Germany are usually well-equipped and those offering facilities from swimming pools and saunas to exercise gyms are increasingly common. Generally you can expect even the cheapest places to be clean, comfortable and well run. If you have not made reservations in advance that will be no problem in most tourist regions: Just watch out for "Zimmer frei" (vacancies) notices by the roadside.

Weather and climate

The typical German weather is mild, but changeable, and it rains quite often. So you should pack a wardrobe that is as flexible as possible. In summer it is only rarely hot (usually about 25°C/77F), and only in harsh winters temperatures remain below freezing point for several weeks. At the higher elevations snowfall is possible starting in November.

BEFORE YOU COME

- ◆ Visit your doctor and ask his advice on travelling. It is important to **consider whether you require vaccination** and if so to remind the Doctor about your past and present treatment programmes, especially immunomodulating therapy. Parts of Germany, especially in the south of the country, are a high risk area of meningoencephalitis carried forward by ticks. So you should discuss with your doctor whether a vaccination might be suitable for you.
- ◆ Ask your doctor to make a **summary of your medical record in English/Latin** about your condition, the drugs you are taking (their brand and generic names and dosages) and the medical controls you may need during your time away. This should be done on the “**Medical Passport**” form, which if not available at the office of your national association can be obtained in a downloadable version from the EFCCA website at: www.efcca.org. Remember also to take your Vaccination Record Card. And carry a form of emergency contacts with you to tell other people who you want to get informed, if you get seriously ill or injured.
- ◆ Arrange to obtain an **insurance Form E111**, however this form is being succeeded by the progressive introduction of the **European Health Insurance Card – EHIC**. Please refer to the appropriate office of your national government to obtain the correct document or card.
- ◆ It is also advisable to arrange adequate travel insurance, which will cover your IBD-related problems. Many policies exclude claims arising from pre-existing illnesses so make sure that the one you choose offers full medical cover, providing you are not travelling against your doctor’s advice.
- ◆ Be sure to **stock up** with a sufficient quantity of the drugs you are taking to last for the whole time you will be away, with a few spare in case you lose some. If you do run short for some reason, you will find that nearly all the drugs you need are available in Germany, though maybe with a different brand name.
- ◆ Travel light! Please avoid any items that make your luggage too heavy, especially if you have already had operations.

WHEN YOU ARE THERE

In Germany, punctuality is a common practice and an important part of social etiquette.

When you are invited to a private home in Germany for dinner or for afternoon coffee and cake, it is a good idea to bring a small gift for the host or hostess. Flowers are always welcome. Just be sure to bring an odd number of buds, as an even number is said to bring bad luck. Wine or candies are also appropriate as a little present.

It is customary to shake someone's hand when you meet them for the first time, and at every subsequent meeting as well. So do shake hands with everyone in the group when you arrive and leave. If you meet a fairly large number of people in a room or at a table, you might just greet the group and knock on the table three or four times instead of shaking everybody's hands – especially, if they are busy or eating. Hugging and

kissing are forms of greetings, which are solely reserved to family and close friends. You may cause people to feel astonished, if not uncomfortable, if you hug their neck without warning!

Trash is often separated in Germany, in private homes and sometimes in public bins as well. You may find separate disposal areas for glass, paper and packaging. Private homes may also have a separate container for organic waste, such as coffee grinds and food leftovers. When purchasing beverages, keep in mind that most glass and plastic bottles have a "Pfand" (deposit). You will get that money back when you return the bottle.

Germany introduced the Euro in 2001. Tax is usually included on the price tags, and negotiating prices is uncustomary. Paying with a credit card is not very common. Most Germans simply carry cash or pay with a debit card. In Restaurants, cafés or bars, do not simply leave money on the table, always pay the server directly. Tipping is usually optional, but it is customary to round up the bill or tip approximately five to 10 percent. If you were very happy with the service, give more. If you have the correct amount of money, say “Stimmt so”. If you would like change back, say the total amount you would like to pay.

Getting round

by train

Travelling by train is a convenient way to get around Germany. Tickets may be cheaper if you book them early and decide on a specific day and train. In addition, there are special offers for groups. It is possible to purchase train tickets online at www.bahn.de and print them out yourself. You can also buy them in advance or last-minute at any train station, either at the counter or at a ticket vending machine. Reserving a seat is a good idea if you are travelling at peak times (weekends, rush hour) or if you have a lot of luggage with you. Your reservation voucher will indicate a car number and a seat number.

by public transport

Public transportation in Germany is generally very good, particularly in the more densely populated areas. Regulations and ticket prices vary from city to city. In busses, tickets can often be purchased directly from the driver. Some “S-Bahn” or subway cars (“U-Bahn”) have ticket machines in them, but not always. That is why it is a good idea to purchase your ticket from a vending machine at the stop or station before you board. Depending on the local regulations, it may be necessary to stamp your ticket either in the station or on the bus or train. Look for validation machines and, when in doubt, watch the other passengers or ask someone.

by car

Driving is on the right hand side, overtaking only on the left side. Unless otherwise marked, the speed limit is 50 km/h (31 mph) in residential areas, but it may be only 30 km/h. On normal two-lane highways the limit is 100 km/h. Autobahnen (Freeways) usually do not have a speed limit, but a "suggested" speed of 130 km/h. There are strict drink driving laws, only allowing 0.5 per mil blood alcohol. The use of seat belts is obligatory, and no hand-held mobile phones are permitted while driving.

Further advice

Don't do things you would not do at home, like eating and drinking too much and spending more time in night clubs than in your bed. Holidays are very good for IBD patients, but don't abuse your body. Take sufficient rest in bed.

If you have to use a public toilet, you are expected to leave a tip in some cities. In other places you might have to insert a coin into the lock of a bathroom, before you can enter it.

EATING AND DRINKING

We recognise that many patients have particular foods that they know upset them and the sensible advice is not to take chances just because "you are on holiday".

In German restaurants and cafés you are usually expected to choose a table and sit down. So do not wait to be seated. Say "**Guten Tag**" when you enter, "**Guten Appetit**" (Enjoy your meal) to your neighbours at your table, and "**Auf Wiedersehen**" or "**Tschüß**" (Goodbye) when you leave.

When you are done with your meal, place your fork and knife together on your plate, facing in from the right side at about 4 o'clock. This is a signal for the server that he or she may clear your plate. Place your fork and knife separately across the plate in opposite directions if you are still enjoying your meal. This kind of silent communication is common practice, even in private homes.

With hundreds of different types, "**Brot**" (bread) is a fundamental part of German food. You will find a "**Bäckerei**" (bakery) at any street corner. But bread or any other complimentary appetizers are only served for free in some restaurants. Otherwise, if you would like a basket of bread, you will have to order it and pay for it.

Water usually is not complimentary, either. If you order "**Wasser**", you will be served **sparkling (carbonated) water** with no ice, and you will be charged for it. Ask for "**stilles Wasser**" if you prefer **water without carbonation**. It is not customary to get free refills in a restaurant, either. If you are still thirsty, you will have to order another drink and you will be charged for that extra drink.

An especially famous part of German drinking culture is **beer**. German beer has a great reputation regarding quality and taste worldwide. The most common toasts are "**Prost!**" (Cheers!) or "**Zum Wohl!**" (To your health!). But Germany can also offer you delicious **wines**, for example from the Moselle region.

Germans usually have **warm food** either for lunch or for dinner. A good meal consists of **potatoes, meat and vegetables or salad, but most people also like all kinds of pasta. Bratwurst (fried sausage), Currywurst (grilled sausage with curry), Haxn (pork hocks), Leberkäs (liver loaf), Spätzle (boiled small lumps of dough made from flour and eggs) and Sauerbraten (beef pickled in vinegar with laurel leaves and juniper berries for some time and later served with raisins)** are German specialties of different regions.

TREATMENT OF MILD DIARRHOEA

Many people experience "travellers' diarrhoea" when abroad and despite you are following the tips provided above it could be that you have troubles. What you should do depends on the apparent severity of the problem. If you have a mild intestinal problem which you think is not associated with IBD (for example diarrhoea without fever and without blood in the stool) take

Alkaline lemonade. If after two days the diarrhoea is not better or you continue to feel unwell after a good rest in bed, or if you think the problems might be associated with IBD you should seek medical advice. In cases of doubt you should contact a doctor, anyway.

Alkaline lemonade Recipe

1 litre of boiled or mineral water
juice of one large or two small lemons
1 tablespoon of sugar
1 pinch of bicarbonate of soda
1 pinch of salt

Provided that you are well nourished, take two litres of this drink on the first day without eating anything. On the second day add well-boiled rice and carrots. If you are undernourished take the rice and carrots on the first day, too. This liquid should not be drunk all at once, but slowly at intervals over the whole day.

When the weather is hot and you have a lot of diarrhoea, two litres of liquid a day will not be sufficient and therefore your urine will be dark. In this case also drink 1-2 litres of mineral water. Again spread the intake over the whole day; avoid taken too much at once, as this can cause further diarrhoea.

Alternatively you may prefer to take a mild medicine you can get at the pharmacy ("Apotheke") without a doctor's prescription. Pharmacists are usually well-educated and will be able to tell you about possible side-effects of drugs and possible interactions between a new drug and your general medication.

SEEKING MEDICAL ASSISTANCE

Use the following telephone numbers only in cases of emergency:

110 Police

112 Fire brigade, medical emergency and ambulance

Local emergency numbers of physicians who offer opening hours on Wednesday afternoons or at the weekend can usually be found in local newspapers. You will also find the telephone numbers and sometimes even the surgery hours of the general practitioners and specialists in the telephone directory. In general, you can ask for local physicians or hospitals at the reception of your hotel.

Unless it is a case of emergency or a dental problem, **the general practitioner is usually the first doctor to visit**. He or she will inform you what to do, which drugs to take whether to see a specialist or even go to the hospital. You may refuse his or her advice, examination, therapy or admission to hospital, but in that case you will have to take the complete responsibility if your situation gets worse.

WHAT TO DO ABOUT YOUR DRUGS

Before your departure make sure if you are provided with sufficient medication for your stay abroad.

Distribute your drugs both in your hand luggage and in your suitcase.

Look after your drugs according to the instructions supplied with them.

If you have to visit a doctor, use your drug list or **Medical Passport** to discuss your treatment of IBD.

Most of your drugs will be available in the pharmacies ("Apotheken"), but only if you have got a prescription from a physician. **In cases of emergency, every pharmacy shows a list of those pharmacies on duty out of hours and on Sundays.**

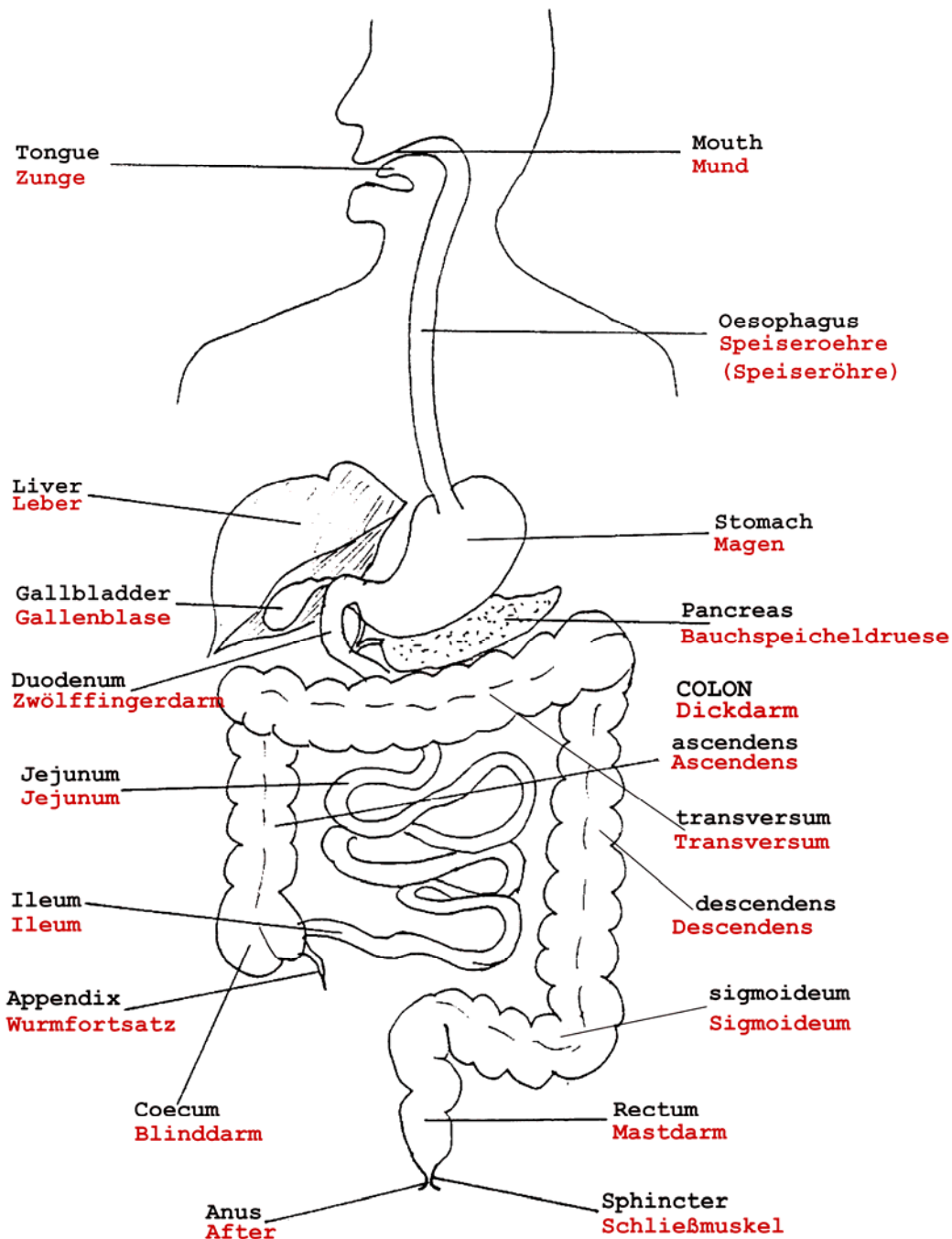
RETURNING EARLY THROUGH ILLNESS

Travel insurance is essential if you want to recover the costs of a premature return home in case of illness or an accident. However be sure that diseases and the related symptoms already existing at the time you effect your insurance are covered. Too often they are not!

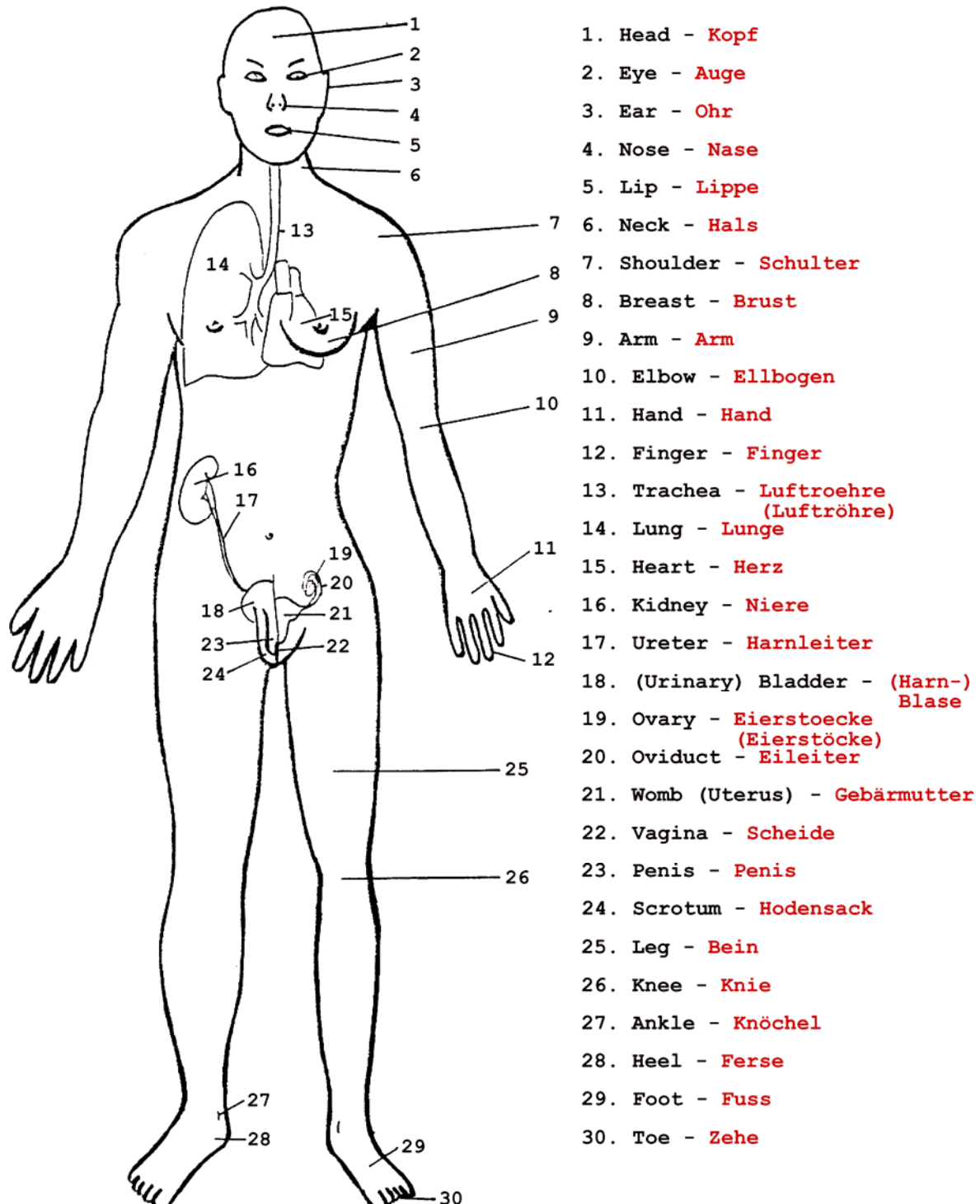
If you find yourself in a situation in which the doctor thinks it is too dangerous for you to return home by plane or otherwise, you might have to decide whether it is wise to stay and to depend on local treatment.

The German DCCV can advice you concerning where to find a good physician. Just contact us.

SCHEMATIC DRAWING OF THE HUMAN INTESTINE



SCHEMATIC DRAWING OF THE HUMAN BODY



1. Head - Kopf
2. Eye - Auge
3. Ear - Ohr
4. Nose - Nase
5. Lip - Lippe
6. Neck - Hals
7. Shoulder - Schulter
8. Breast - Brust
9. Arm - Arm
10. Elbow - Ellbogen
11. Hand - Hand
12. Finger - Finger
13. Trachea - Luftroehre
(Luftröhre)
14. Lung - Lunge
15. Heart - Herz
16. Kidney - Niere
17. Ureter - Harnleiter
18. (Urinary) Bladder - (Harn-) Blase
19. Ovary - Eierstoecke
(Eierstöcke)
20. Oviduct - Eileiter
21. Womb (Uterus) - Gebärmutter
22. Vagina - Scheide
23. Penis - Penis
24. Scrotum - Hodensack
25. Leg - Bein
26. Knee - Knie
27. Ankle - Knöchel
28. Heel - Ferse
29. Foot - Fuss
30. Toe - Zehe

MEDICAL PHRASES

- | | | |
|----|---|--|
| 1 | I need an interpreter | Ich benötige einen Übersetzer. |
| 2 | I have Crohn's disease | Ich habe Morbus Crohn. |
| 3 | I have Ulcerative Colitis | Ich habe Colitis ulcerosa. |
| 4 | Here is my doctor's certificate | Hier ist meine ärztliche Bescheinigung. |
| 5 | I feel bad | Ich fühle mich schlecht. |
| 6 | I feel sick | Ich fühle mich krank. |
| 7 | I lost weight | Ich habe abgenommen. |
| 8 | I have no appetite | Ich habe keinen Appetit. |
| 9 | I feel (very) weak | Ich fühle mich (sehr) schwach. |
| 10 | It is a fit of my Crohn's disease | Es ist ein Schub vom Morbus Crohn. |
| 11 | It is a fit of my Ulcerative Colitis | Es ist ein Schub von Colitis ulcerosa. |
| 12 | I think, my troubles have nothing to do with Crohn's disease/
Ulcerative Colitis | Ich glaube, dass meine Beschwerden nichts mit Morbus
Crohn / Colitis ulcerosa zu tun haben. |
| 13 | I think my troubles are related to my Crohn's disease/
ulcerative Colitis | Ich denke, dass meine Beschwerden mit Morbus Crohn / Co-
litis ulcerosa zu tun haben. |
| 14 | Where can I find the nearest toilet? | Wo finde ich die nächste Toilette? |
| 15 | Can I use your toilet please? | Darf ich bitte Ihre Toilette benutzen? |

Special symptoms - Besondere Symptome

- | | | |
|----|---|--|
| 16 | Stools | Stühle/Stuhlgang |
| 17 | I have diarrhoea | Ich habe Durchfall |
| 18 | Five times a day (ten times, fifteen times) | Fünf mal am Tag (zehn Mal, fünfzehn Mal) |
| 19 | Watery | wässrig |
| 20 | With blood | mit Blut |
| 21 | With mucous | mit Schleim |
| 22 | I have constipation | Ich habe Verstopfung. |

Pain - Schmerz

- | | | |
|----|------------------------|--------------------------------------|
| 23 | Very painful | sehr schmerzhaft |
| 24 | I have cramps | Ich habe Krämpfe. |
| 25 | I have a dull pain | Ich habe einen diffusen Schmerz. |
| 26 | My bowel is distended | Mein Bauch ist aufgebläht. |
| 27 | I have a lot of gas | Ich habe starke Blähungen. |
| 28 | Food relieves the pain | Das Essen lindert den Schmerz. |
| 29 | Food worsens the pain | Das Essen verschlimmert den Schmerz. |
| 30 | My joints ache | Ich habe Gelenkschmerzen. |
| 31 | My stomach aches | Ich habe Magenschmerzen. |

Vomiting - Übelkeit

- | | | |
|----|--------------------------------------|--|
| 32 | I have vomited | Ich habe mich übergeben. |
| 33 | I have to vomit | Ich muss mich übergeben. |
| 34 | The vomit is acid/black/smells badly | Das Erbrochene ist säuerlich/schwarz/grünlich. |

Fever - Fieber

- | | | |
|----|-----------------------------------|--|
| 35 | I have a fever | Ich habe Fieber. |
| 36 | High/low/intermittent temperature | Das Fieber ist hoch/niedrig/in Schüben |

Travelling with IBD Germany

Localisation - Lokalisation

37	Right/left side	rechte/linke Seite
38	Upper side	obere Seite, oberhalb
39	My mouth is affected	Mein Mund ist betroffen.
40	Gullet/oesophagus	Speiseröhre/Ösophagus
41	Stomach	Magen
42	Small bowel	Dünndarm
42.1	Duodenum	Duodenum/Zwölffingerdarm
42.2	Jejunum	Jejunum
42.3	Ileum	Ileum
43	Large bowel	Dickdarm (Kolon)
43.1	Coecum / Appendix	Coecum, Blinddarm / Wurmfortsatz
43.2	Ascendens	Ascendens
43.3	Transversum	Transversum
43.4	Descendens	Descendens
43.5	Sigma	Sigma
44	Rectum	Rektum/Mastdarm
45	Anus	After
46	I've had an operation (point out the body where your operation was located)	Ich bin operiert worden.
47	I have a stoma	Ich habe ein Stoma.
48	I need stomapouchers.	Ich benötige Stomabeutel.
49	I have a pouch reservoir.	Ich habe einen Pouch.

Drugs - Medikamente

50	I need my regular medicine	Ich benötige regelmäßig meine Medizin.
51	This medicine helps	Dieses Medikament hilft.
52	This medicine doesn't help	Dieses Medikament hilft nicht.
53	I am allergic to...	Ich reagiere allergisch auf .../ Ich bin allergisch gegen ...

Associated symptoms - Begleitsymptome

54	My liver is affected.	Meine Leber ist mitbetroffen.
55	My skin is affected	Meine Haut ist in Mitleidenschaft gezogen.
56	My eyes are affected	Meine Augen sind betroffen.
57	I have fistulas	Ich habe Fisteln.
58	With pus	vereitert
59	I have primary sclerosing cholangitis.	Ich habe eine PSC.
60	I have kidney stones	Ich habe Nierensteine.
61	I have gallbladder stones	Ich habe Gallensteine.
62	I have a stomach-ulcer	Ich habe ein Magengeschwür
63	I have a duodenum-ulcer	Ich habe ein Zwölffingerdarmgeschwür.
64	Joints	Gelenke
65	Stenosis	Stenose
66	Fissure	Riss
67	Abcess	Abszess

National Crohn's and Colitis patient association contact points including young people

The German Crohn's & Colitis organization is called

“Deutsche Morbus Crohn / Colitis ulcerosa Vereinigung (DCCV) e.V.”.

We publish four editions a year of our **DCCV-magazine “Bauchredner” (ventriloquist)** in which we inform our members about IBD news, science and research, clinical trials, news about the health system and social rights, activities and events. We also distribute flyers and brochures about our association, its regional and working groups, drug therapies and surgery as well as medical and social questions concerning IBD. In addition to that, different events and seminars are essential parts of DCCV's programme.

Contact information on our national office:

Deutsche Morbus Crohn / Colitis ulcerosa Vereinigung (DCCV) e.V.

Paracelsusstraße 15

D-51375 Leverkusen

Germany

Tel.: 0049-214-87608-0

Fax.: 0049-214-87608-88

e-mail: info@dccv.de

Contact information on our DCCV youth group “Youngster”:

youngster@dccv.de

Find more information on our website www.dccv.de