



UNDERSTANDING ULCERATIVE COLITIS



Jumo provides age-appropriate resources for children and families to understand, manage, and own their health.

We produce award-winning content globally in more than 35 languages. Our signature comic line uses the Medikidz - illustrated superheroes - to explain complex medical information in ways that help readers successfully act on their physicians' instructions. In addition to comic books, we offer videos, animations, podcasts, and mobile apps.

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INTRODUCING THE MEDIKIDZ

The Medikidz are superheroes who live on Mediland, a planet shaped like the human body. They are experts in health and illness, and their mission is to teach you all about your body and how illness affects it.

ABACUS The Medikidz' guardian



MEET THE REST
OF THE TEAM:



AXON

Expert on: the
brain and nerves

GASTRO Expert on: the
digestive system



ALSO FEATURING:

AMY

The star of this book



CHI

Expert on: the
lungs and
respiratory system



PUMP

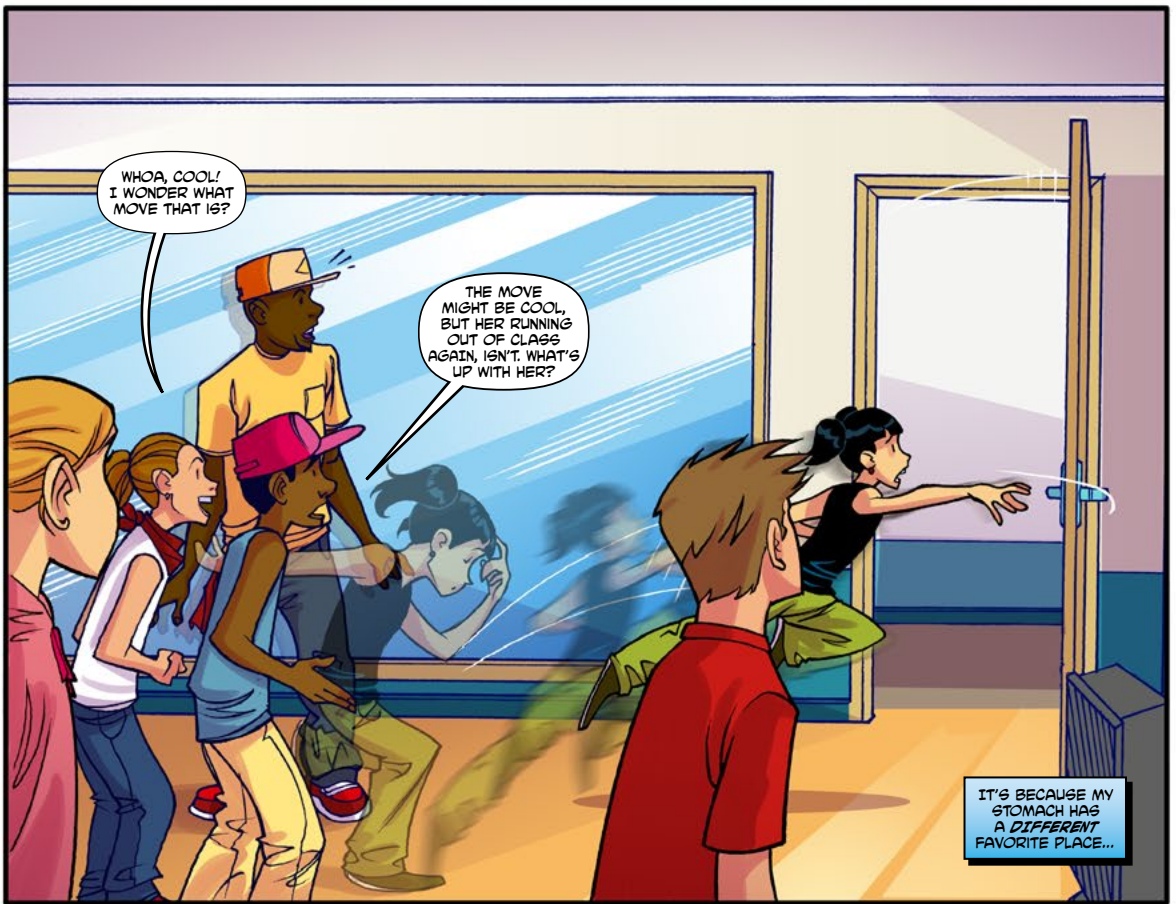
Expert on: the
heart and blood
vessels



SKINDY

Expert on: the
skin and bones

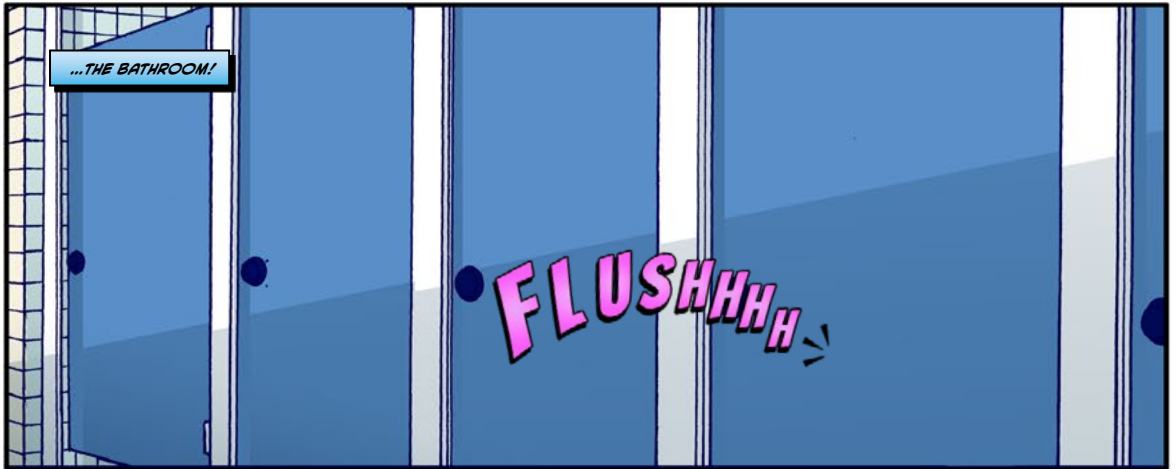




WHOA, COOL!
I WONDER WHAT
MOVE THAT IS?

THE MOVE
MIGHT BE COOL,
BUT HER RUNNING
OUT OF CLASS
AGAIN, ISN'T. WHAT'S
UP WITH HER?

IT'S BECAUSE MY
STOMACH HAS
A DIFFERENT
FAVORITE PLACE...



...THE BATHROOM!

FLUSHHHH



UGH, IT'S LIKE MY
ULCERATIVE COLITIS
KNOWS WHEN I'M
HAVING FUN AND
CHOOSES THEN
TO ACT UP!

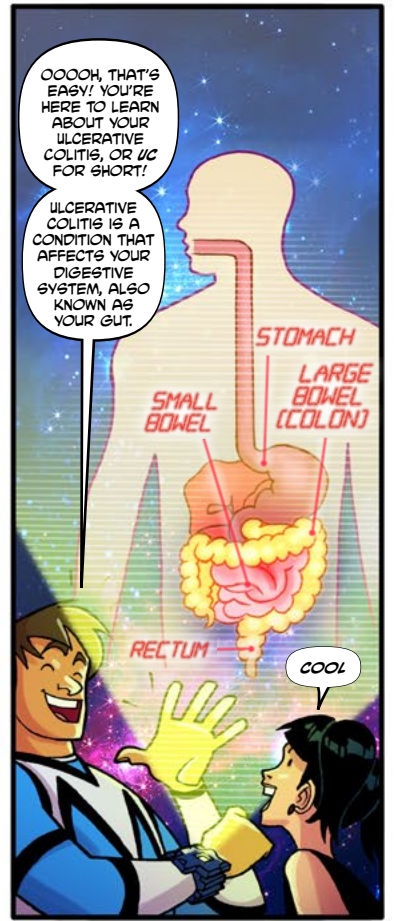
AND THE WORST PART
IS, MY FRIENDS ARE
STARTING TO NOTICE.
HOW DO I EXPLAIN
THINGS TO THEM WHEN
I DON'T EVEN...



...GET IT? GASTRO? ABACUS? WHAT AM I DOING HERE?

OOOH, THAT'S A BIG QUESTION. I MEAN... REALLY, WHAT ARE ANY OF US DOING *HERE*? YA KNOW?

NO, I MEAN, LIKE WHAT AM I DOING *HERE* AT MEDIKIDZ HEADQUARTERS?



OOOOH, THAT'S EASY! YOU'RE HERE TO LEARN ABOUT YOUR ULCERATIVE COLITIS, OR *UC* FOR SHORT!

ULCERATIVE COLITIS IS A CONDITION THAT AFFECTS YOUR DIGESTIVE SYSTEM, ALSO KNOWN AS YOUR GUT.

STOMACH

SMALL BOWEL

LARGE BOWEL (COLON)

RECTUM

COOL



AND SINCE IT'S ALL ABOUT THE OLD TUMMY, THAT'S WHERE WE'RE HEADING! ABACUS, INITIATE TELEPORTER TO MEDILAND!

WHAT'S MEDILAND?

MEDILAND IS A PLANET THAT WORKS AND LOOKS JUST LIKE THE HUMAN BODY. STAND BY FOR TELEPORTATION.

IN THE STOMACH...

WELCOME TO THE STOMACH! THIS IS WHERE FOOD COMES TO GET BROKEN DOWN. COOL, HUH?

A) THIS IS SUPER COOL. B) I SUPER DON'T WANT TO GET BROKEN DOWN, TOO!

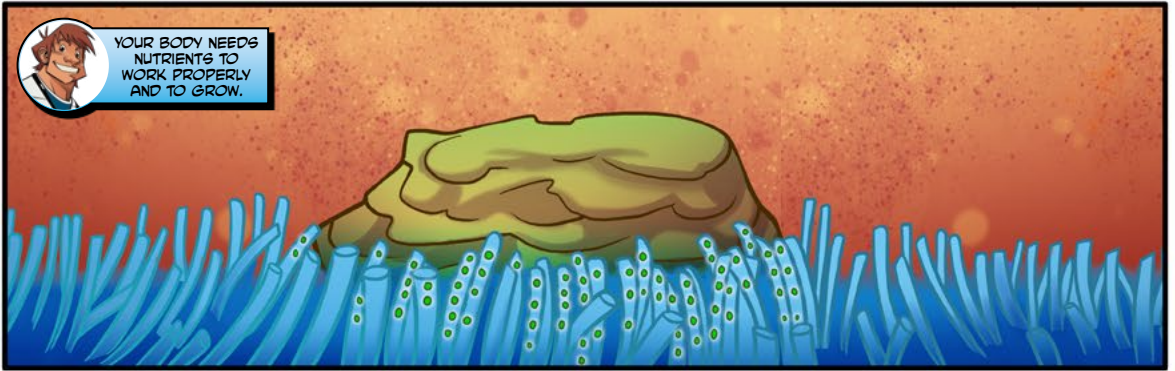
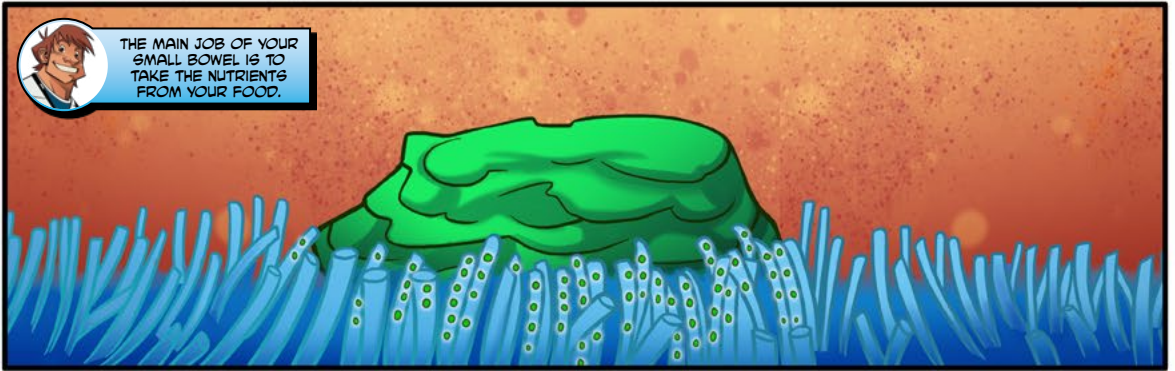
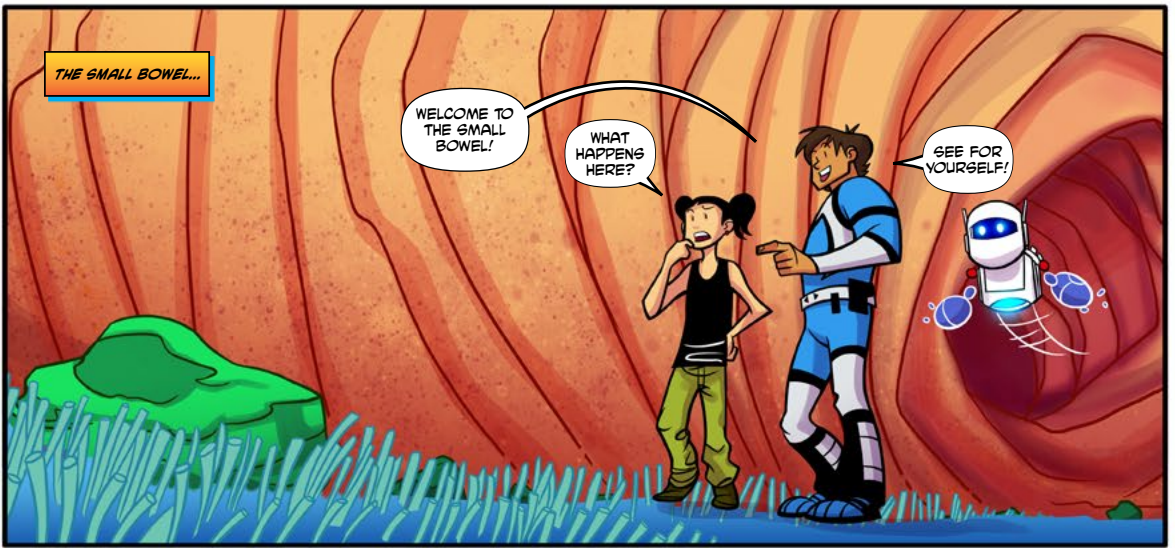
THIS UNIT AGREES WITH AMY.

FINE, FINE! SHEESH, A GUY CAN'T EVEN ENJOY THE MAJESTIC BEAUTY OF FOOD GETTING MUSHED ANYMORE.

FOLLOW ME!

WHERE ARE WE GOING?

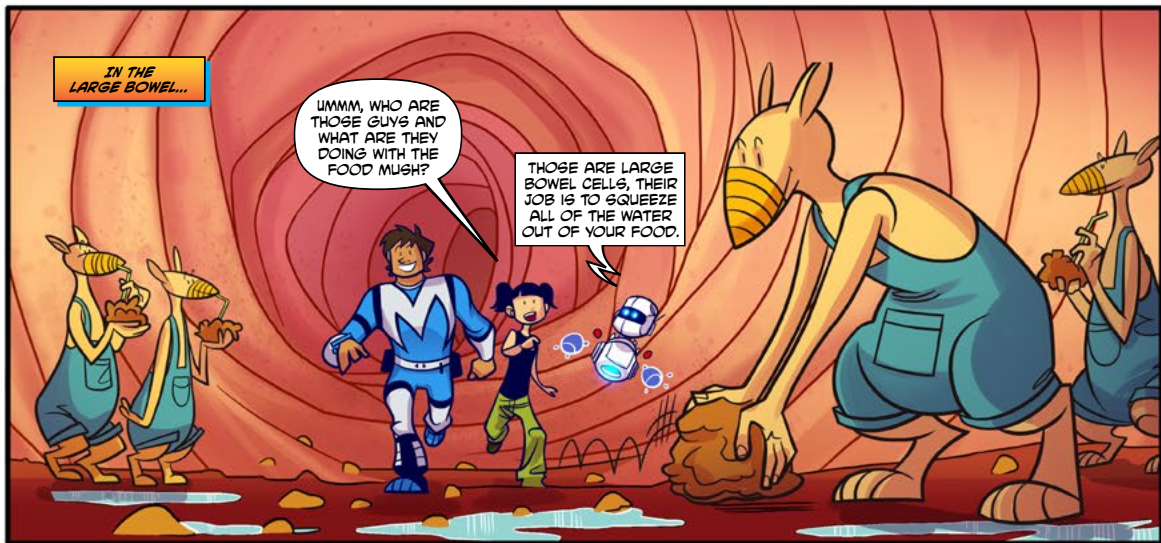
WE'RE FOLLOWING THE FOOD! AFTER IT GETS MASHED UP IT HEADS TO YOUR SMALL AND LARGE BOWELS!



IN THE
LARGE BOWEL...

UMMM, WHO ARE
THOSE GUYS AND
WHAT ARE THEY
DOING WITH THE
FOOD MUSH?

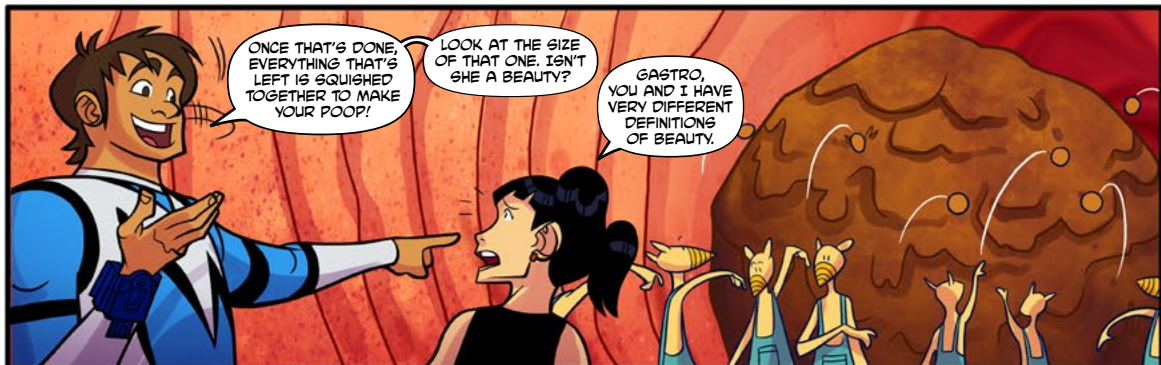
THOSE ARE LARGE
BOWEL CELLS, THEIR
JOB IS TO SQUEEZE
ALL OF THE WATER
OUT OF YOUR FOOD.



ONCE THAT'S DONE,
EVERYTHING THAT'S
LEFT IS SQUISHED
TOGETHER TO MAKE
YOUR POOP!

LOOK AT THE SIZE
OF THAT ONE. ISN'T
SHE A BEAUTY?

GASTRO,
YOU AND I HAVE
VERY DIFFERENT
DEFINITIONS
OF BEAUTY.



THE MUSCLE
WALLS THEN
MOVE YOUR
POOP TOWARD
YOUR BOTTOM!



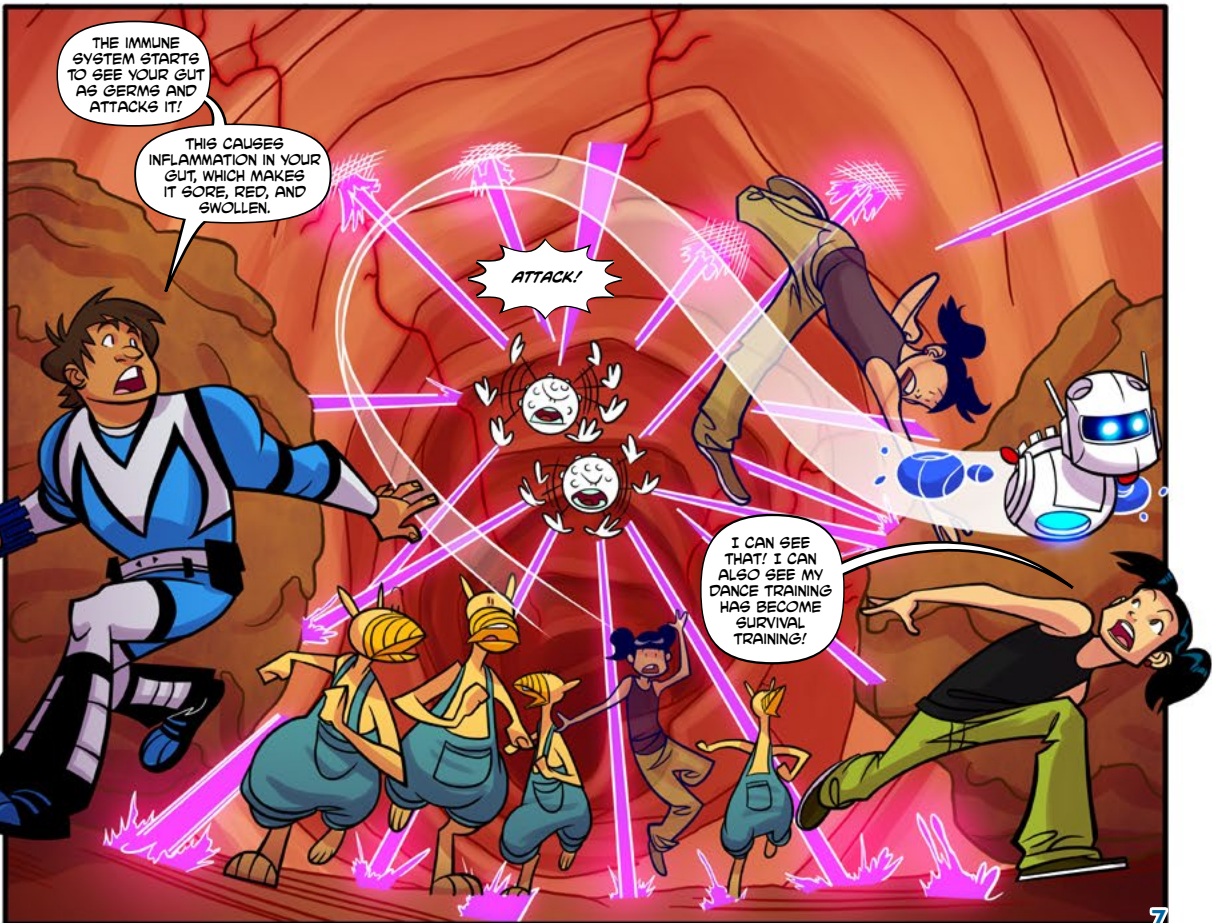
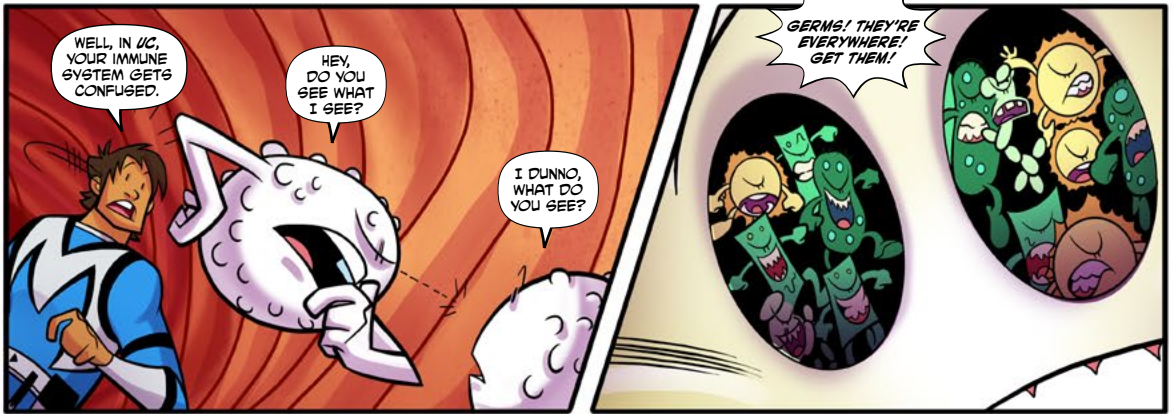
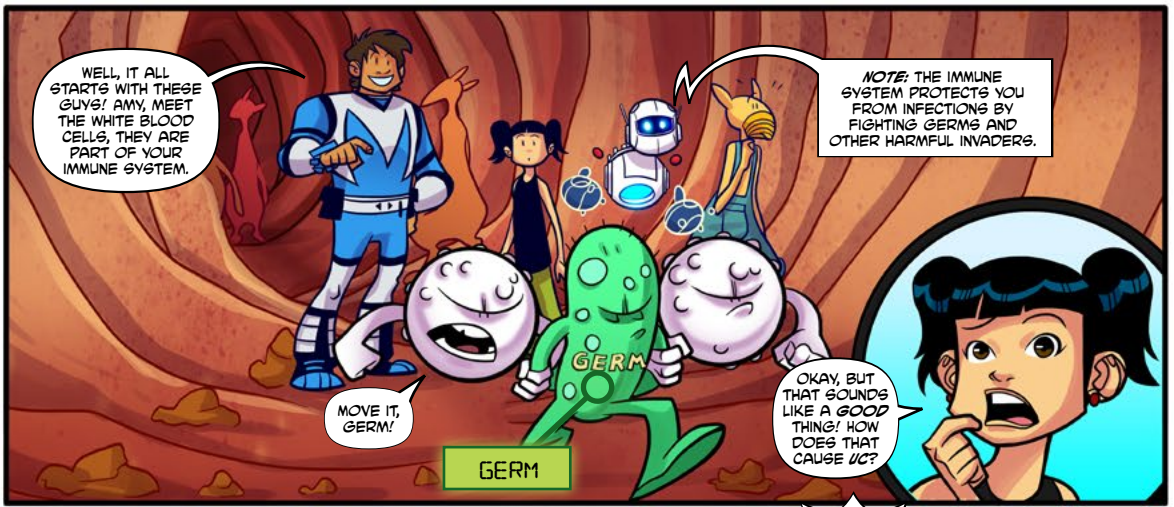
KNOWING THE
ORIGIN OF POOP
IS COOL AND STUFF,
BUT WHAT DOES
THIS HAVE TO DO
WITH MY UC?

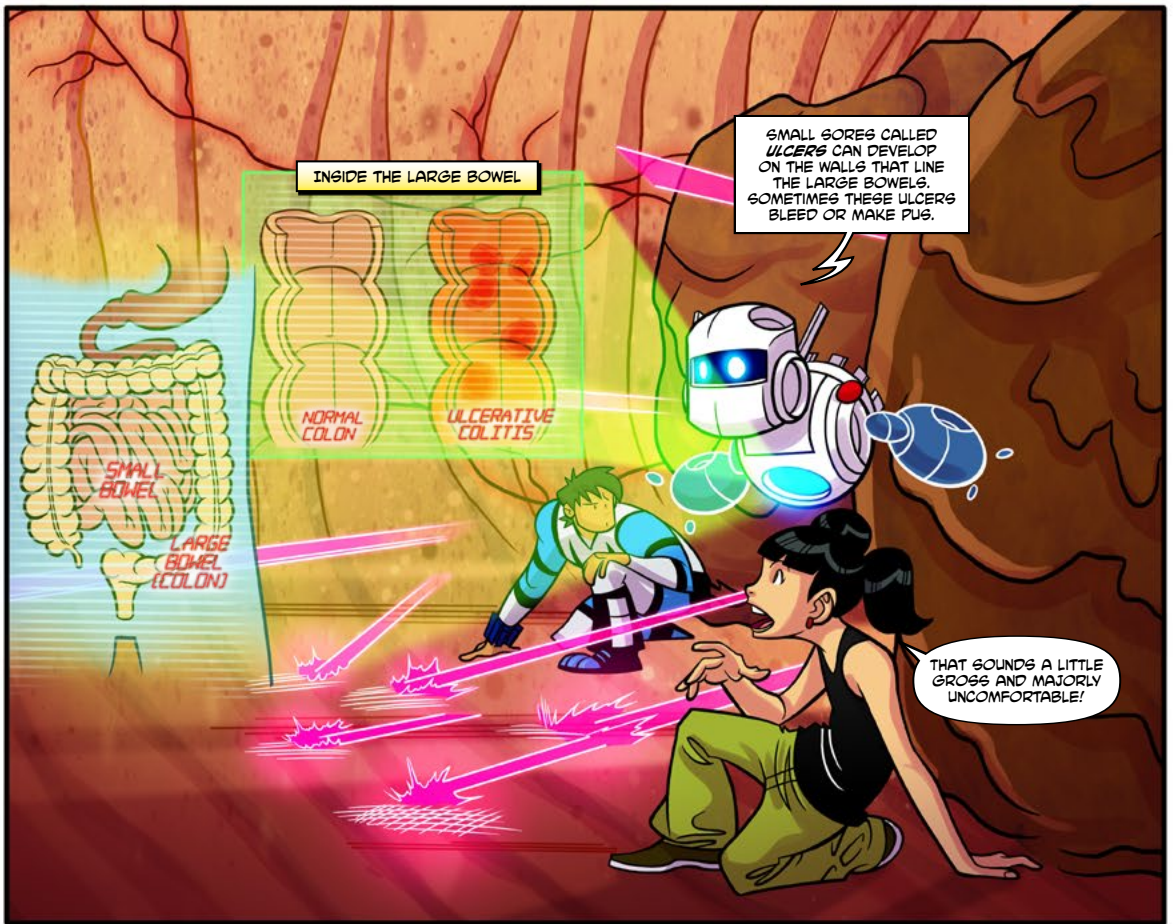
THE LARGE BOWEL IS
THE PART OF YOUR GUT
THAT GETS DAMAGED
WHEN YOU HAVE
ULCERATIVE COLITIS.

YUP, WHAT
HE SAID!

WAIT,
DAMAGED?
HOW?!







INSIDE THE LARGE BOWEL

SMALL SORES CALLED **ULCERS** CAN DEVELOP ON THE WALLS THAT LINE THE LARGE BOWELS. SOMETIMES THESE ULCERS BLEED OR MAKE PUS.

NORMAL COLON

ULCERATIVE COLITIS

SMALL BOWEL

LARGE BOWEL (COLON)

THAT SOUNDS A LITTLE GROSS AND MAJORLY UNCOMFORTABLE!



YOU SAID IT!

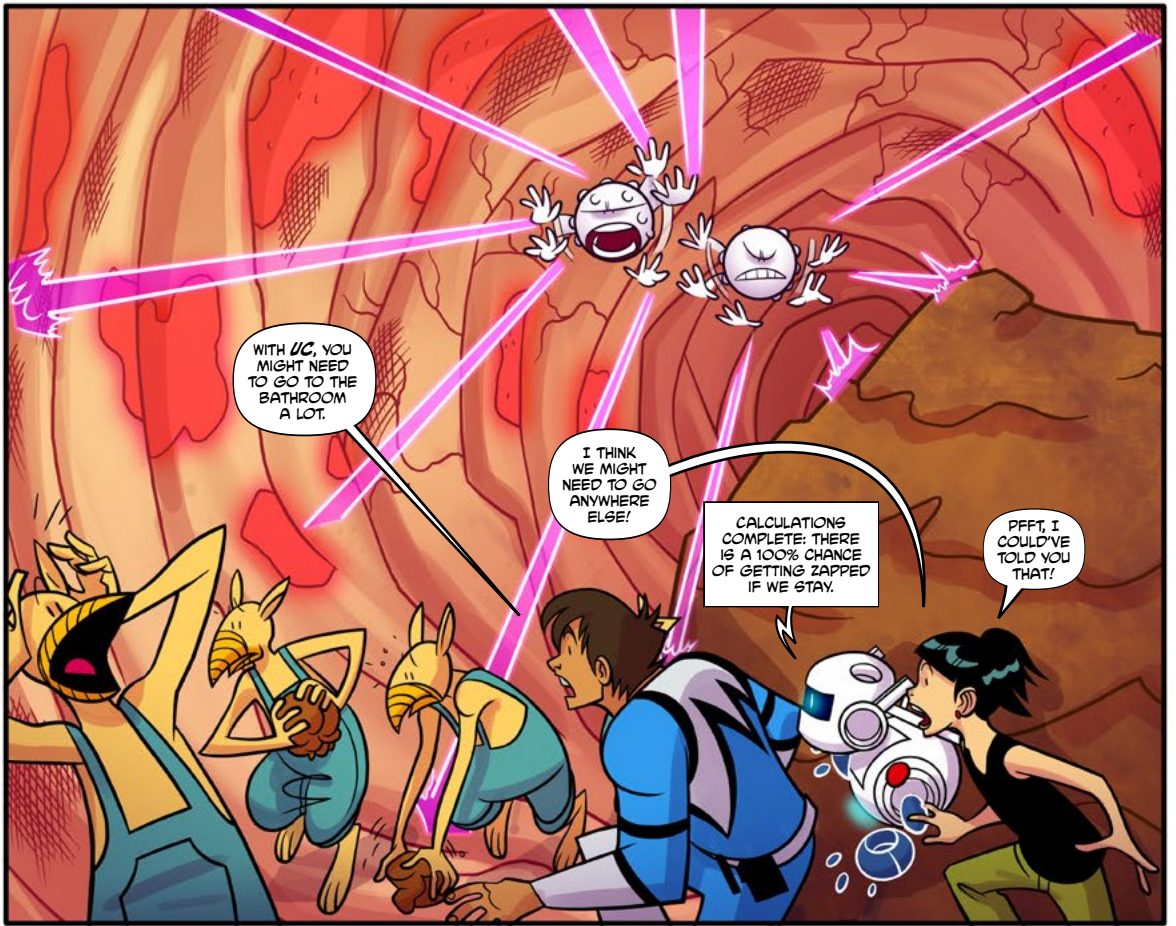
AND ALL OF THIS CAUSES **SYMPTOMS**, WHICH ARE CLUES THAT TELL DOCTORS WHAT'S HAPPENING INSIDE YOUR BODY.



ONE SYMPTOM IS **DIARRHEA**. IT HAPPENS BECAUSE THE GUT CAN'T ABSORB WATER, SO THE WATER STAYS IN YOUR POOP AND MAKES IT RUNNY.

IT MIGHT EVEN HAVE **BLOOD**, **MUCUS**, OR **PUS** IN IT IF THERE'S A LOT OF **INFLAMMATION** IN YOUR GUT.

DIARRHEA CAN CAUSE **CRAMPS** THAT MAKE GOING TO THE TOILET PAINFUL.



WITH UC, YOU MIGHT NEED TO GO TO THE BATHROOM A LOT.

I THINK WE MIGHT NEED TO GO ANYWHERE ELSE!

CALCULATIONS COMPLETE: THERE IS A 100% CHANCE OF GETTING ZAPPED IF WE STAY.

PFFT, I COULDN'T TOLD YOU THAT!

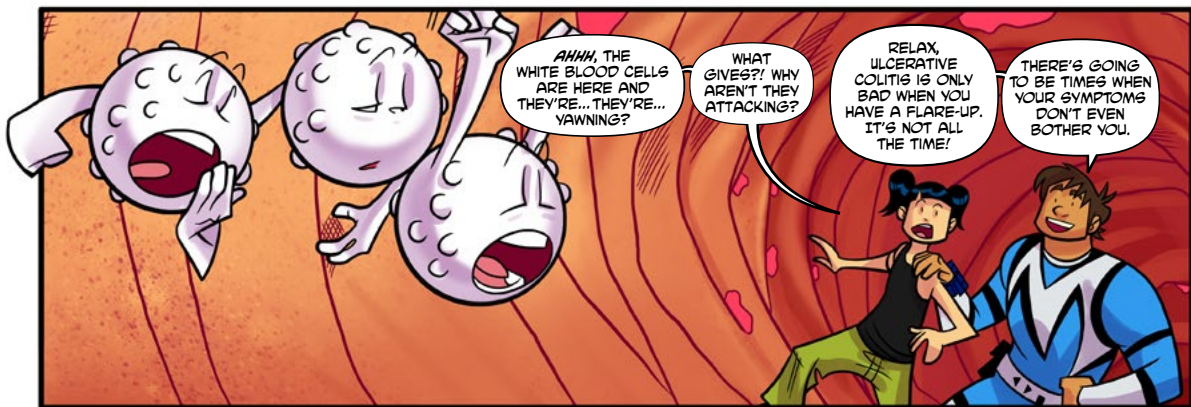


COME ON, WE'LL HEAD BACK TO THE SMALL BOWEL AND REGROUP!

WHO KNEW UC CAUSED SO MUCH TROUBLE!

YEAH, IT CAN ALSO MAKE YOU FEEL SICK AND NOT WANT TO EAT.

IF YOU AREN'T EATING WELL, THIS CAN MAKE YOU FEEL TIRED. LOSING BLOOD CAN MAKE YOU FEEL TIRED, TOO.

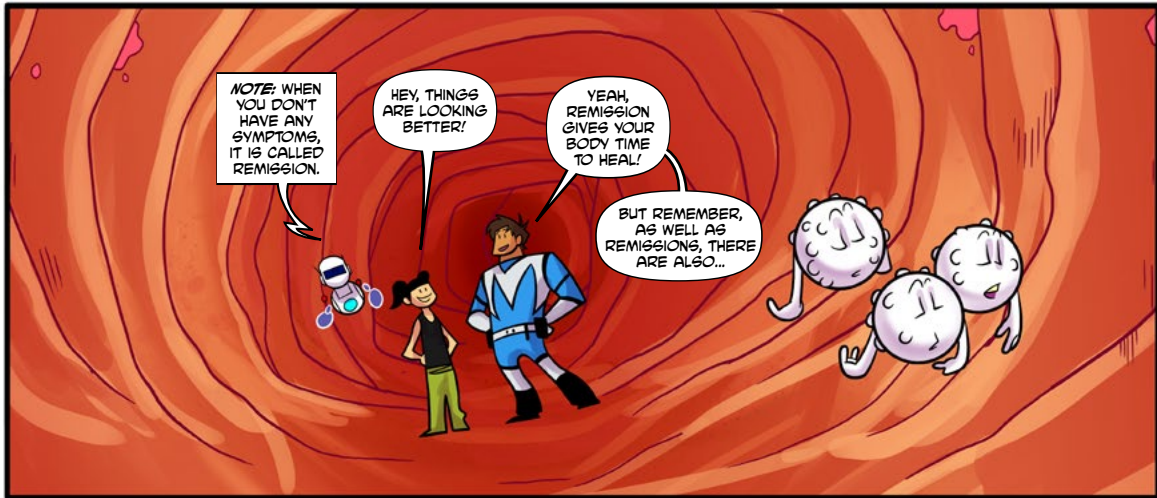


AHHH, THE WHITE BLOOD CELLS ARE HERE AND THEY'RE... THEY'RE... YAWNING?

WHAT GIVES?! WHY AREN'T THEY ATTACKING?

RELAX, ULCERATIVE COLITIS IS ONLY BAD WHEN YOU HAVE A FLARE-UP. IT'S NOT ALL THE TIME!

THERE'S GOING TO BE TIMES WHEN YOUR SYMPTOMS DON'T EVEN BOTHER YOU.



NOTE: WHEN YOU DON'T HAVE ANY SYMPTOMS, IT IS CALLED REMISSION.

HEY, THINGS ARE LOOKING BETTER!

YEAH, REMISSION GIVES YOUR BODY TIME TO HEAL!

BUT REMEMBER, AS WELL AS REMISSIONS, THERE ARE ALSO...



...FLARE-UPS OR RELAPSES! THIS IS WHEN YOUR SYMPTOMS ARE ACTIVE AND CAUSING PROBLEMS.

FLARE-UPS CAN HAPPEN A FEW TIMES OR LOTS OF TIMES.

UGH, ALREADY!

ATTACK!



NOTE: FLARE-UPS CAN BE TRIGGERED BY INFECTION OR FEELING STRESSED.

SOMETIMES FLARE-UPS HAPPEN ON THEIR OWN WITHOUT ANY TRIGGERS.

HONESTLY, IT'S KIND OF DIFFERENT FOR EVERYBODY.

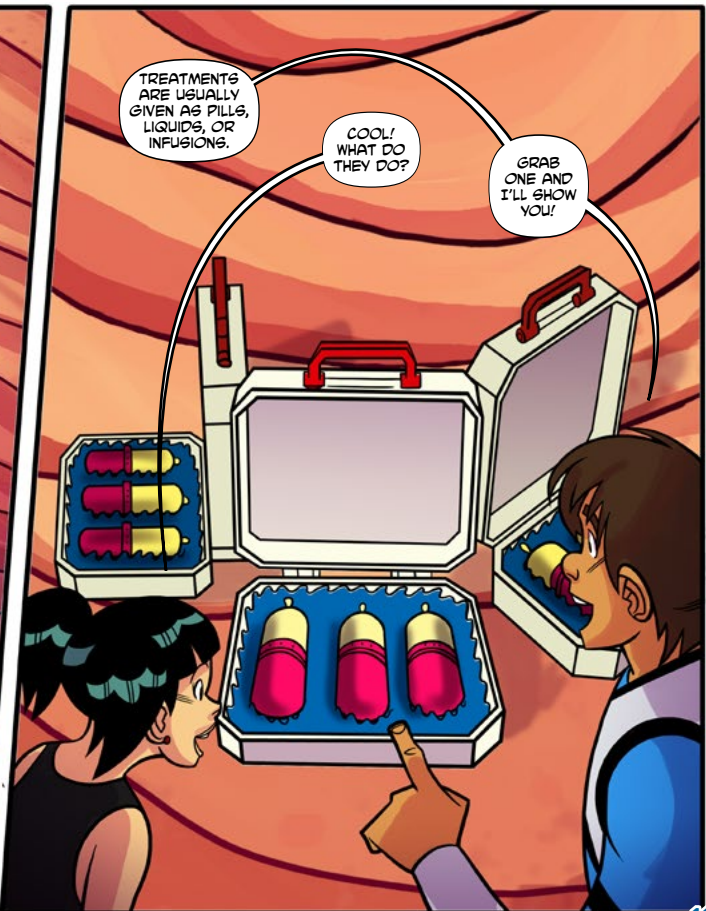
OKAY, I GET IT... BUT WHAT CAN I DO ABOUT IT?



WELL, THERE'S NO CURE FOR UC JUST YET, BUT THERE ARE TREATMENTS!

TREATMENT CAN HELP REDUCE YOUR SYMPTOMS. SOME TREATMENTS REDUCE THE NUMBER OF FLARE-UPS AND HELP KEEP YOU IN REMISSION.

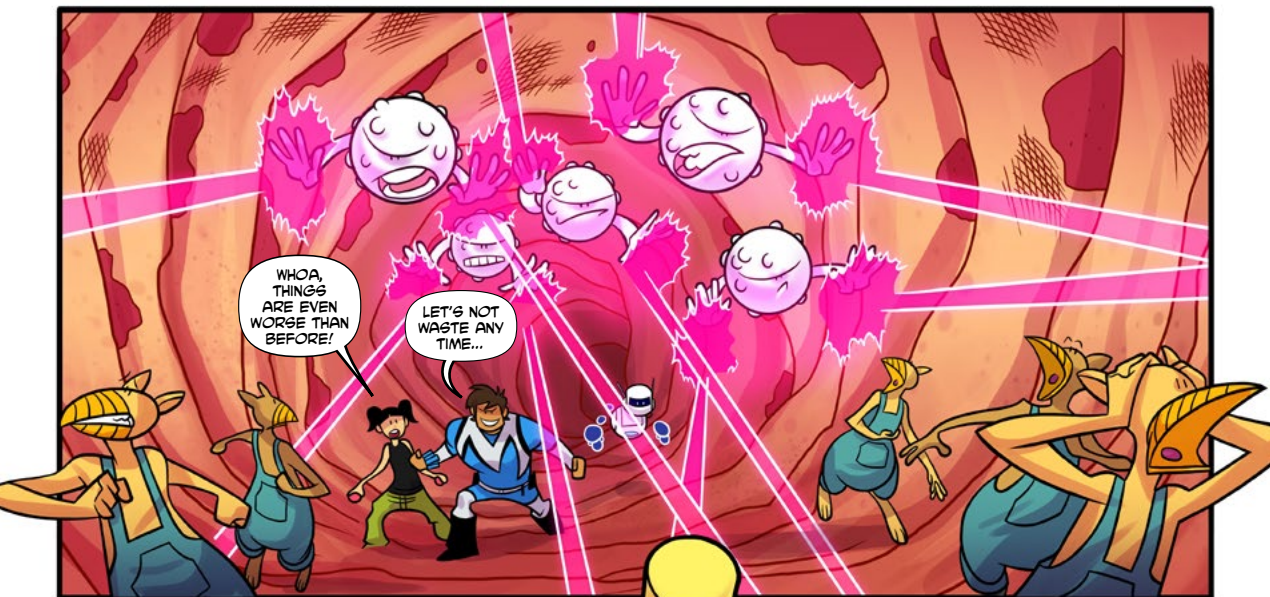
WHOA! SWEET!



TREATMENTS ARE USUALLY GIVEN AS PILLS, LIQUIDS, OR INFUSIONS.

COOL! WHAT DO THEY DO?

GRAB ONE AND I'LL SHOW YOU!

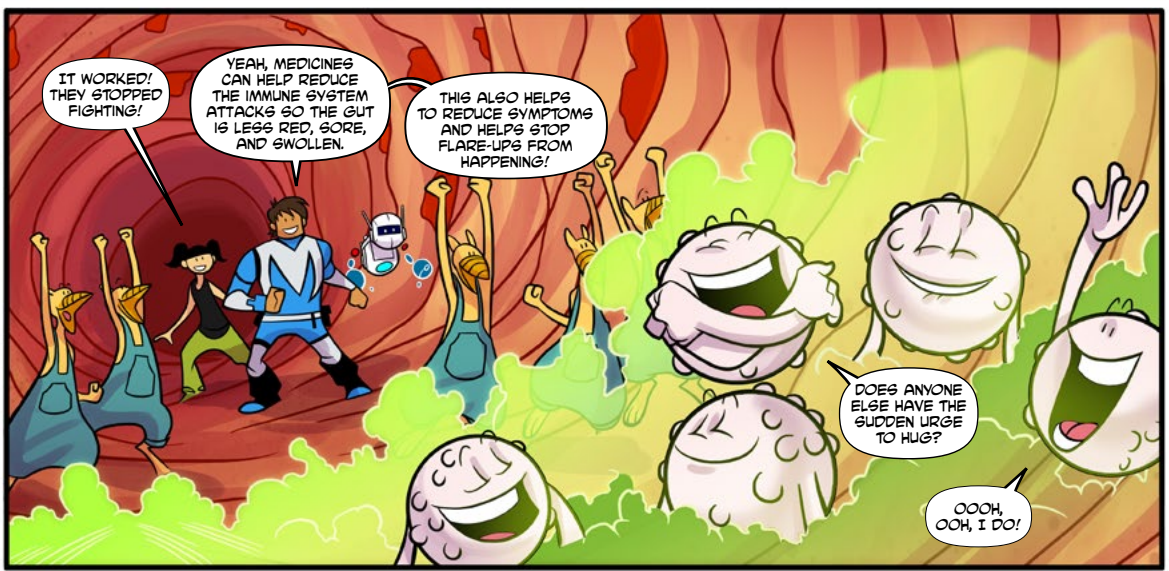


WHOA, THINGS ARE EVEN WORSE THAN BEFORE!

LET'S NOT WASTE ANY TIME...



...MEDICINE AWAY!



IT WORKED! THEY STOPPED FIGHTING!

YEAH, MEDICINES CAN HELP REDUCE THE IMMUNE SYSTEM ATTACKS SO THE GUT IS LESS RED, GORE, AND SWOLLEN.

THIS ALSO HELPS TO REDUCE SYMPTOMS AND HELPS STOP FLARE-UPS FROM HAPPENING!

DOES ANYONE ELSE HAVE THE SUDDEN URGE TO HUG?

OOOH, OOH, I DO!



ALL WE ARE SAAAAAYING... IS GIVE PEACE A CHAARRRRANCE

BECAUSE EACH MEDICINE WORKS DIFFERENTLY, YOUR DOCTOR WILL DECIDE WHICH ONE IS BEST FOR YOU.

BE SURE TO TAKE YOUR MEDICINES EXACTLY THE WAY THE DOCTOR TELLS YOU.

SOMETIMES, SURGERY IS THE BEST OPTION FOR PEOPLE WHO HAVE REALLY BAD FLARE-UPS.



MEDLAND IS IN REMISSION FOR NOW. GOOD WORK, TEAM! LET'S HEAD BACK TO HQ.



OKAY, SO NOW I GET WHAT UC IS, BUT WHY DID I GET IT IN THE FIRST PLACE?

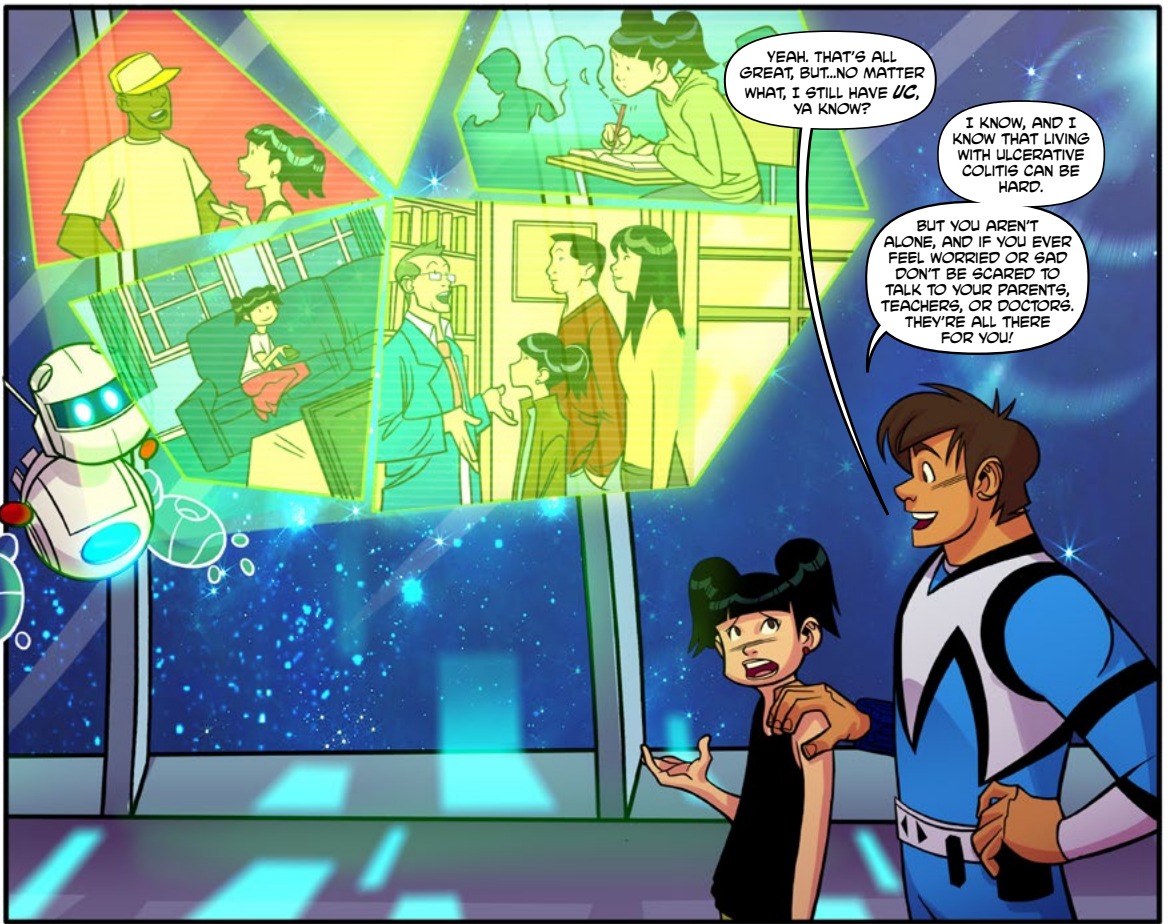
GREAT QUESTION! TERRIBLE ANSWER. WE DON'T KNOW!

THE ONLY THING WE KNOW FOR SURE IS THAT YOU'RE MORE LIKELY TO GET UC IF SOMEONE ELSE IN YOUR FAMILY HAS IT, TOO.



BUT DON'T WORRY, THERE'S LOADS YOU CAN DO TO HELP KEEP YOUR SYMPTOMS UNDER CONTROL.

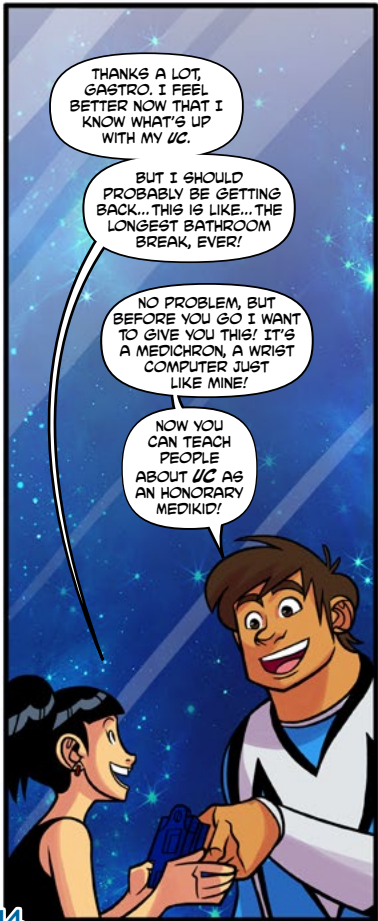
ALONG WITH TAKING YOUR MEDICINE, STUFF LIKE EATING SMALLER MEALS, DRINKING PLENTY OF WATER, KEEPING A FOOD DIARY, AND EXERCISING!



YEAH. THAT'S ALL GREAT, BUT...NO MATTER WHAT, I STILL HAVE UC, YA KNOW?

I KNOW, AND I KNOW THAT LIVING WITH ULCERATIVE COLITIS CAN BE HARD.

BUT YOU AREN'T ALONE, AND IF YOU EVER FEEL WORRIED OR SAD DON'T BE SCARED TO TALK TO YOUR PARENTS, TEACHERS, OR DOCTORS. THEY'RE ALL THERE FOR YOU!

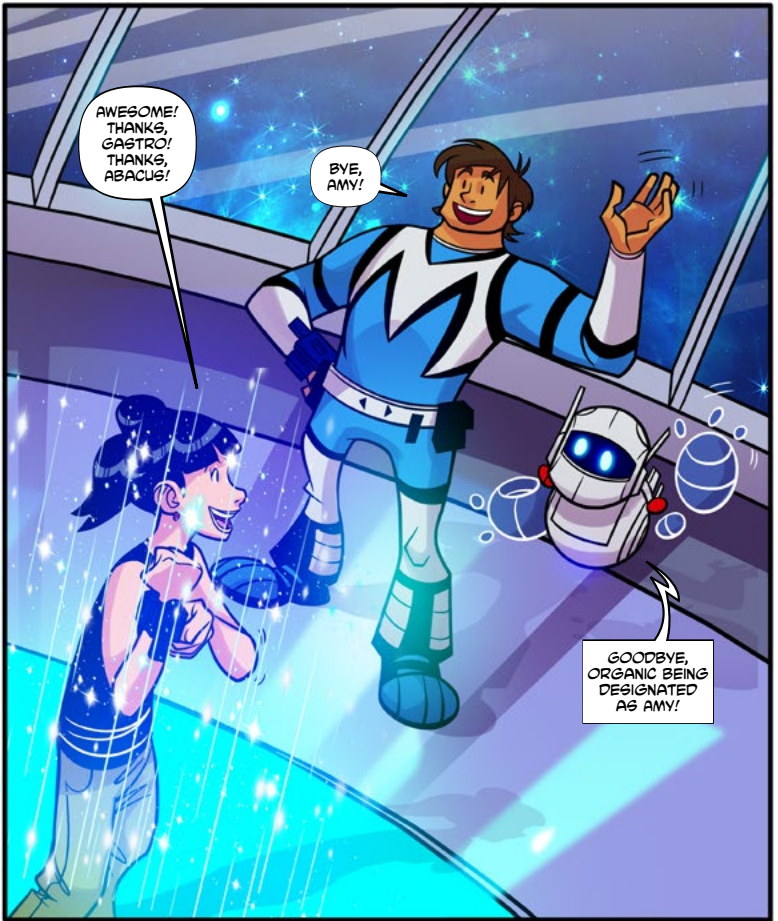


THANKS A LOT, GASTRO. I FEEL BETTER NOW THAT I KNOW WHAT'S UP WITH MY UC.

BUT I SHOULD PROBABLY BE GETTING BACK...THIS IS LIKE...THE LONGEST BATHROOM BREAK, EVER?

NO PROBLEM, BUT BEFORE YOU GO I WANT TO GIVE YOU THIS! IT'S A MEDICHRON, A WRIST COMPUTER JUST LIKE MINE!

NOW YOU CAN TEACH PEOPLE ABOUT UC AS AN HONORARY MEDIKID!

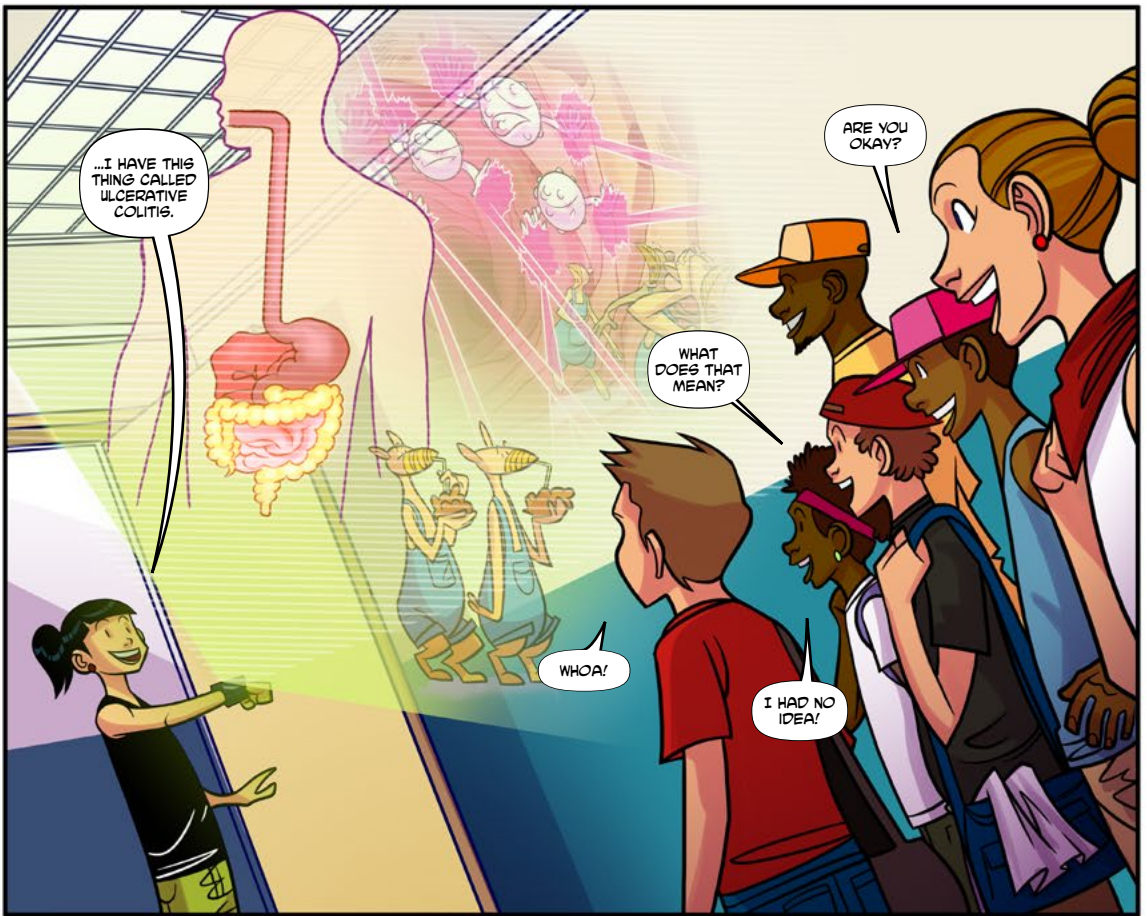


AWESOME! THANKS, GASTRO! THANKS, ABACUS!

BYE, AMY!

GOODBYE, ORGANIC BEING DESIGNATED AS AMY!





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