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Front Cover: Carolanne shares her recovery from surgery and Michelle shares her struggle as a triathlete having surgery to reach the top.

IA Journal



The ileostomy & internal pouch
Support Group



www.iasupport.org



Quarterly Journal of IA



The Hidden Disability Lanyard

The 'hidden disability' lanyard and how it can help you through the airport

A Stoma for my 24th Birthday

Carolanne shares life with a stoma at 24 and some of the issues she faced in the early days

Keeping it in the Family

A family story of how mum and her two daughters suffered with the same bowel disease

World Triathlon Champion 2017

Michelle shares her love of triathlon and how she overcame her health issues to reach the top