



## You're Invited!

Join us in raising \$30,000 in support of Crohn's & Colitis Foundation of America. There will be delicious food, treats, dancing, and a raffle with amazing prizes!



TeamChallenge  
CROHN'S & COLITIS

CROHN'S & COLITIS  
FOUNDATION OF AMERICA



### When:

Nov. 11 7pm - 11pm

### Where:

Bushwhackers Saloon  
8200 SW Tonka Street  
Tualatin, Oregon 97062

Phone (503)212-2979 | 460 5th Street, Lake Oswego, Or 97034 | [www.cravebakeshop.com](http://www.cravebakeshop.com)



"Perhaps it's Giardia or Leukemia," the doctors said. "Maybe you're Diabetic or maybe it's Lymphoma." It was my junior year in college and I was dragging myself to class. I couldn't eat, had no energy, and recurrent bouts of diarrhea which caused me to lose 30 pounds. It was impossible to go to a movie or drive anywhere more than 10 minutes away.

I saw oncologists, endocrinologists and urologists. There were bruises in the crooks of both of my arms, on the backs of my hands and on the tops of my feet where the IV's and needles had punctured me. The doctors subjected me to every type of unpleasant test imaginable only to find nothing.

Finally, I was referred to a gastroenterologist, who told me that I likely had either Celiac or Crohn's Disease. I was unfamiliar with both. The doctor explained both diseases to me and the first thought that came to mind was giving up pizza, bagels, cupcakes and cookies. That thought devastated me.

Both an upper endoscopy and colonoscopy were performed and I indeed had Crohn's Disease. I started oral chemotherapy, which caused my hair to fall out, but did little for the pain and inflammation. After eight months of ineffective treatment, I stopped the chemotherapy.

So, I began living a gluten-free lifestyle and immediately regained my life.

Adhering to a gluten-free lifestyle and staying active has kept me feeling great, when most of the medications I tried did so little. I am one of the lucky ones: despite my sometimes-crippling symptoms, I only have a moderate case of Crohn's Disease. There are people with Crohn's who are unable to eat solid food—EVER—or who have had their intestines removed and are forever tied to a colostomy bag. My experiences with this autoimmune disorder have been horrific, but I feel fortunate to be suffering as an adult and not as a child.

Nobody should suffer from this potentially debilitating disease which is why I am involved with the Crohn's & Colitis Foundation of America.

Help me and the Crave Bake Shop team as we raise \$30,000 for research leading to the elimination of Crohn's and Colitis Disease.

Thank you for your support,

Kyra Bussanich & the Crave Bake Shop Team

<http://www.active.com/donate/NW11TCVEGASPO/tcKBussan>

