



IBD Pride Clinic: Belonging while battling bowel disease

Video	Audio
	Twenty-seven-year-old Ani Roy was diagnosed with Crohn's disease in 2017 after experiencing painful stomach aches and, at times, being unable to eat.
Ani Roy Patient	"The only thing that I was really able to eat was chicken strips and raspberry iced tea. For some reason, those were the only things that didn't make me want to vomit."
	Inflammatory bowel disease took a toll on Ani's body, causing frequent trips to the toilet with bloody diarrhea and other symptoms.
Ani	"And it got to the point where I was starting to pass out."
	Crohn's disease chained Ani to the bathroom.
Ani	"And I was shaking and just, like, sweating, feeling very faint and wasn't really able to function as a human being."
	After several hospitalizations and failed medications, Ani had their colon and rectum removed, leaving them with an ileostomy. The surgical procedure creates an opening in the stomach to divert stool. Waste is collected in an ostomy bag that's attached to the abdomen.
Ani	"Using the bathroom is something that everyone does, but very few people talk about. And all of a sudden, it is this just incredibly different way that you're doing it."
	With the stigma surrounding the ileostomy...
Ani	"It is a very big mental adjustment."

	... and their gender identity and sexual orientation ...
Ani	"I am transmasculine nonbinary."
	They reached out to the Mayo Clinic Inflammatory Bowel Disease Pride Clinic for support.
Nats door knocking	Dr. Victor Chedid, a Mayo Clinic gastroenterologist, started the clinic in 2022.
Victor Chedid, M.D. Gastroenterology Mayo Clinic	"They might be struggling with their identity internally. And add to it the fact that you're struggling with your diagnosis of inflammatory bowel disease, that has a double or additional psychological impact on you."
Ani	"It's so nice to go to a provider that is informed about the LGBTQ+ community so that I don't feel like I have to educate them on that part of me. I can just be that part of me."
	Dr. Chedid says many LGBTQ+ patients suffer in silence.
Dr. Chedid appointment nats	"Oh my gosh."
	Mayo Clinic is hoping to change that mindset. The IBD Pride Clinic is staffed by healthcare professionals who are trained to be sensitive in the care of LGBTQ+ patients.
Dr. Chedid	"This is a safe space for you to talk to us about your inflammatory bowel disease and anything that might be impacting your life."
Nats sewing machine	Meanwhile, Ani is turning their pain into purpose ...
Nats sewing machine	... sewing ostomy bag covers for themselves and others.
Nats sewing machine	Living life one day ...
Nats sewing machine	... and one stitch at a time.
Ani	"Overall, doing pretty well, and living life as best I can."
	For the Mayo Clinic News Network, I'm Sonya Goins.