



A mom's journey beyond Crohn's disease and back to the moments that matter (VIDEO)

VIDEO	AUDIO
Anchor intro	After years of living with Crohn's disease and trying treatments that didn't work, Amy Marshak couldn't even sit through a family dinner. But a new approach to treating her disease at Mayo Clinic is giving her hope and a seat at the table again.
AMY MARSHAK PATIENT	"I first started noticing symptoms of my Crohn's disease in the fall of 2018."
	Amy Marshak (MAR-shack) is a constitutional and government policy lawyer, a wife and a mom of two.
AMY MARSHAK PATIENT	"It was about six months after my younger daughter was born. She's really never known me as a parent without Crohn's."
	Crohn's disease is a chronic inflammatory condition that can cause abdominal pain, weight loss and digestive issues.
AMY MARSHAK PATIENT	"It's really difficult day-to-day living with Crohn's because of the amount of pain I experienced. It really felt like I could do one or the other, be a lawyer or be a mom, to have the energy to do either of those things."
	Amy had a portion of her colon and small bowel removed, then went through seven medications in four years.
AMY MARSHAK PATIENT	"Some of them worked for a short period of time, and then I developed antibodies to them and would never work again. I was sort of at the end of all the options that exist because my Crohn's disease is spread throughout my small intestine."
	After searching for new treatments and options, Amy turned to Mayo Clinic.

JANA G. AL HASHASH, M.D. GASTROENTEROLOGY Mayo Clinic	"She really did want something cutting-edge and something different. With stem cell transplants, we're hoping to reset the (immune) system for patients exactly like Amy who have failed multiple medical therapies."
	The process uses chemotherapy followed by an infusion of the body's own stem cells to reduce the effects of the disease.
JANA AL G. HASHASH, M.D. GASTROENTEROLOGY Mayo Clinic	"So even if Crohn's disease comes back, we'd like to see that it's coming back weaker than it was before, with less inflammation and less impact on the body."
AMY MARSHAK PATIENT	"So this was really both the best and the only option there was, and that there was another option that had such promise was really exciting."
	In addition to getting back to her family and career, Amy had another milestone in mind.
AMY MARSHAK PATIENT	"Being able to sit through a whole dinner with my family without pain. Family dinners are a time for us all to sit down together and really focus on everybody at the table. It just feels frustrating to not be part of that family moment."
	Amy's treatment began in early 2025 and kept her in the hospital for nearly two months. About 100 days after treatment, tests confirmed it was successful.
JANA G. AL HASHASH, M.D. GASTROENTEROLOGY Mayo Clinic	"Amy is a beacon of hope for people with Crohn's disease who failed multiple therapies. So far, she's done fantastic."
	Amy's been able to get back to the things she loves, starting with that family moment around the dinner table.
AMY MARSHAK PATIENT	"I'm excited to be able to play with them more, to be with them more, to have more energy for their projects and ideas. And also, to be able to balance work-life in a way that I haven't been able to balance in the past few years because of my Crohn's."
	For the Mayo Clinic News Network, I'm Alex Osiadacz (oh-SIDE-us).