



giverisetocures.org

Helping Patients



Healthcare Providers

Understand that these gastrointestinal diseases, though rare, do occur. Learn how to listen to patients' concerns.



Researchers

Recognize the impact your work has on sufferers of debilitating GI disorders.



Students

Expand your awareness of rare GI conditions and make them a part of your medical knowledge base.

Trusted Resources



NORD (National Organization for Rare Disorders)
rarediseases.org



IFFGD (International Foundation for Gastrointestinal Disorders)
iffgd.org



NIH Genetic and Rare Diseases Information Center
rarediseases.info.nih.gov



Learn More Online



Advocacy
Information



Patient
Resources



Quizzes

giverisetocures.org

GI Disorders quiz answers: 1) A 2) B 3) C 4) A 5) B
More Quizzes: giverisetocures.org/insightlab

For more information about this project, please contact Christine Dutt at cdutt@umich.edu.



Give Rise To Cures
Advocating For GI Breakthroughs

Resources

1. International Foundation for Gastrointestinal Disorders. Home. Accessed April 5, 2025. <https://iffgd.org>
2. Genetic and Rare Diseases Information Center. Home. Accessed April 5, 2025. <https://rarediseases.info.nih.gov>
3. Unsplash. Grayscale photo of tubes. Accessed April 5, 2025. <https://unsplash.com/photos/grayscale-photo-of-tubes-KMvoHcB-w5g>
4. Exploring Nature. Home. Accessed April 5, 2025. <https://www.exploringnature.org>
5. National Organization for Rare Disorders. Home. Accessed April 5, 2025. <https://rarediseases.org>
6. National Organization for Rare Disorders. Four actions for faster rare disease diagnosis and improved health equity. Accessed April 5, 2025. <https://rarediseases.org/in-pursuit-of-health-equity>
7. EveryLife Foundation for Rare Diseases. Home. Accessed April 5, 2025. <https://everylifefoundation.org>
8. Cleveland Clinic. Gut health and Alzheimer's disease: Exploring the vital link with Dr. Jessica Caldwell. September 24, 2024. Accessed April 5, 2025. <https://my.clevelandclinic.org/podcasts/butts-and-guts/gut-health-and-alzheimers-disease-exploring-the-vital-link-with-dr-jessica-caldwell>
9. Pennsylvania Health Care Cost Containment Council. Current events: Challenges in rare disease research. February 28, 2025. Accessed April 5, 2025. <https://www.phc4.org/news-and-press-releases/current-events-challenges-in-rare-disease-research>
10. MedlinePlus. Talking with your doctor. U.S. National Library of Medicine. March 2, 2022. Accessed April 5, 2025. <https://medlineplus.gov/ency/patientinstructions/000860.htm>
11. Canva. Home. Accessed April 5, 2025. <https://www.canva.com>
12. Wix. Home. Accessed April 5, 2025. <https://www.wix.com>

The contents of this brochure do not constitute medical advice.



Give Rise To Cures

Advocating For GI Breakthroughs



Helping GI Patients Live Comfortably

Give Rise to Cures

Funded and Supported by the University of Michigan - Ann Arbor Barger Leadership Institute's Social Transformation Fellowship Program

giverisetocures.org



GlveRiseToCure's Mission

Glve Rise to Cures was founded by Christine Dutt, pre-health undergraduate student, at the University of Michigan - Ann Arbor, who plans to pursue a career in drug development/translational research with the overarching goal of advocating for patients with rare GI conditions.

This project was approved by U-M's Barger leadership Institute Social Transformation Fellowship Program and was supported with grant funding. Dutt's goal is to advocate for patients with rare medical conditions by collaborating with local healthcare professionals to create an online interactive, educational platform for researchers, patients, healthcare workers, and healthcare students across the University of Michigan - Ann Arbor and Michigan Medicine campuses to learn more about the importance of rare medical conditions and the need for more funding to go toward finding treatment options.

While obtaining funding is difficult even for more widely-known ailments, Dutt argues that all medical conditions should receive adequate research funding.

Did You Know?



- **There are more than 200 rare GI conditions.** Most of these have no FDA-approved treatment due to limited research funding.⁵
- **It takes an average of 6 to 8 years** for a patient with a rare GI disorder to receive a correct diagnosis.⁵
- Despite severe impacts to quality of life, rare **GI disorders receive significantly less funding** than other diseases.⁷
- Disruptions in gut bacteria have been linked to **Parkinson's disease and Alzheimer's disease.**⁸

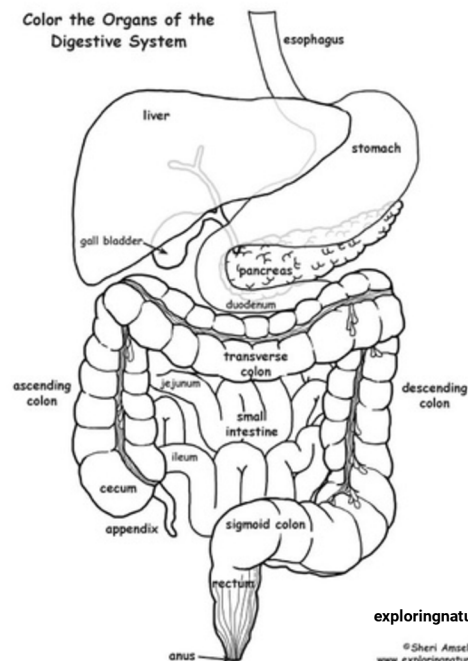


GI Disorders Quiz

Answers on Back Page

- 1 Most rare GI disorders are genetic in origin.⁹**
A. True B. False
- 2 What percentage of people with a rare disease develop it during childhood?⁹**
A. 20% B. 70% C. 90%
- 3 On average, how many years does it take to develop a drug treatment for a central nervous system disorder?⁹**
A. 3 years B. 7 years C. 10 years
- 4 What percentage of rare GI disorders have FDA-approved treatments?⁹**
A. 5% B. 20% C. 44%
- 5 For a disease to be considered rare, it needs to affect _____ Americans or fewer.⁹**
A. 50,000 B. 200,000 C. 1,000,000

Color the Organs of the Digestive System



exploringnature.org

© Sheri Amsel
www.exploringnature.org

Patient Prep Tips



Patients suffering from a rare GI disorder often feel a sense of hopelessness. However, it is crucial that a patient's symptoms be clearly and confidently communicated to the healthcare provider.¹⁰

- ★ **Share Key Information Clearly¹⁰**
 - Top three symptoms and their triggers
 - How the symptoms feel
 - What helps relieve the symptoms
- ★ **Describe How It Affects Your Life¹⁰**

"I struggle to eat most meals without severe stomach pain which makes social gatherings difficult"
- ★ **Prepare Key Questions for Your Healthcare Provider¹⁰**
 - What tests can confirm my condition?
 - What are my treatment options?
 - Are there specialists? Clinical trials?
 - Where can I find trusted resources?
- ★ **Advocate for Yourself Effectively¹⁰**

"I have a rare GI disorder and I'd like to discuss my concerns."
- ★ **Utilize Trusted Resources for Rare GI Conditions**
 - See "Trusted Resources" section.

More Tips: giverisetocures.org/empowerment