

Crohn's in College

Many say that college is one of the most memorable years of your life. There is that huge transition from living at home with your parents to moving on your own in the dorms, making new friends, getting used to classes, BUDGETING. College itself is a huge adjustment, however I never thought how different having Crohn's while in college would be.

In June of 2016, I uprooted myself from my lovely Californian suburb and moved to go to a conservatory college in New York City to study musical theatre. I had always dreamed of living in New York and working towards my passion, but I never considered logistics when it came to my Crohn's disease.

So on top of the usual college adjustments, came the Crohn's ones. My mom and I had to figure out how to ship my medications once a month from one side of the country to the other. Even though my school doesn't offer a meal plan, I had to figure out how to fit cooking based on my diet in my schedule. Because no matter how tempting it is to live in a city filled with delicious Italian food and pizza, sticking to my diet is extremely difficult, yet important. Also, figuring out insurance plans in different states and finding a doctor when needed. Explaining to my new friends and teachers what Crohn's disease is. And lastly, adjusting to 8 hours of dance classes per week, after not doing anything physical in years.

The transition from being a child with Crohn's to a Crohn's adult has been challenging, but exciting. Crohn's has become such a ordinary and big part of my life that it's fun to find myself taking ownership and fitting it into my new lifestyle. As I'm finishing out my last couple semesters, it'll be fun to see how my Crohn's lifestyle will continue to evolve.

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