



I was **born in Bradford**, raised in Leeds and I now live in a small village in Warwickshire with my husband Rob and a West Highland terrier, Charlie (who is in fact a female!)

I am a very happy 30 years old and **enjoy being a housewife**. Over a 14 year period, due to Crohn's disease, I had three bowel resections leaving me with just about 75cms of bowel. As I now have Short Bowel Syndrome I started home parenteral nutrition (HPN) almost six years ago, from October 2009.

A Radiant Bride

Sarah C



Life on home artificial nutrition (HAN): As I said I live with Rob and Charlie in Warwickshire. Baking, cooking and eating feature highly in my life. I admit to liking reality/trash TV. I am a fan of AC/DC and Zumba and I am **partial to a gin and tonic**.



I love spending time with my husband, family and friends, sharing experiences and **creating memories** together; be it by going to a concert or show or staying in and playing a board game. Life will never be boring if you have the right people around you.

Thanks to my HPN I feel so much better! It also helps knowing I'm getting all my vital vitamins and nutrients that keep my weight stable. **It doesn't disrupt my life** in a major way and most of the process/feeding happens overnight whilst I'm asleep.



Not only is PINNT a great source of support and information for people on HAN and their families (via the website and social media accounts) the membership continually strives to raise awareness of HAN. This means that there is more understanding of HAN and the reasons why people need it. In turn I feel people like me who are dependent on HAN **feel a little less alone**.



Knowing that I'm not the only one makes a big difference. PINNT conveys the users' perspective to healthcare professionals and industry too; not forgetting the decision makers higher up!

My hope for the future is to continue being in good health and help raise awareness of Crohn's disease and HAN in whatever way I can - oh and hopefully to **start a family** with Rob!

www.pinnt.com

HAN

Home Artificial
Nutrition
Awareness Week

10-16 August 2015



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PINNT: "Supporting people on home artificial nutrition"

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