

Sport, Exercise and IBD – Talk by Mr Andrea Agius

The first speaker was Mr Andrea Agius, a 17 year old swimmer who spoke on his experience as an athlete with IBD. He said that after he was diagnosed with IBD, he had a flare up which required hospitalisation. Following this episode, he started training again but had to stop swimming temporarily due to IBD. With the support of his IBD consultant, Mr Agius gradually started to swim again and participate in local and international swimming events. Mr Agius asserted that for him continual physical exercise was very important, even though he was fully aware of the need to follow his medical treatment to remain in remission. Furthermore he stated that he follows a high carbohydrate diet without taking any vitamin supplements.