



# **Your tummy**



You are any age.

You may be a young adult. Like

- 20
- 25.



You may be an adult. Like

- 31
- 45.



You may be more than 55 years old.

Like

- 58
- 75.



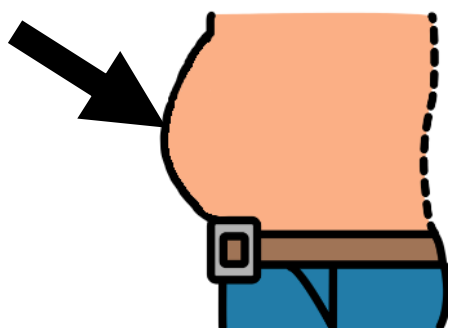
Any person can have tummy problems.

Most people with cerebral palsy have tummy problems.

It is 3 in 4 people.



Your tummy may hurt.



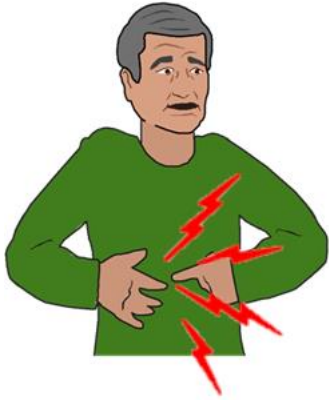
Your tummy may get big.

It can be

- when you eat

**or**

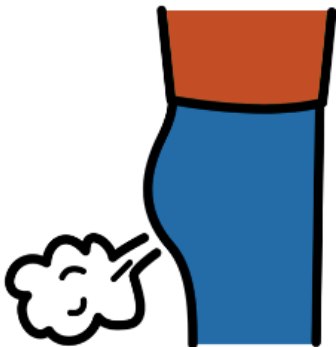
- all the time.



It may feel like lots of air in your tummy.

We call it gas. You may say you

- fluff
- pop off
- fart.



You may fart a lot.



It may be hard to poo.

You can **not** push your poo out.



You may feel sick.

You do **not** want to eat.

**But**



You **need** to eat. You want to

- be strong
- move.



You are in a wheel chair.

You sit a lot. You may **not** move a lot.

This can give you tummy problems.



It may be hard to sit up.

You do **not** move.

Your food does **not** move.



It may be hard to swallow.

It can hurt. Your food gets stuck.



You throw up.



**Or**



You have runny poo.

You can **not** stop it.



This is **not** good. Your food needs to

- go in your body
- stay in your body.



You want to see your friends.



You worry. You may have pain.

You may need to be near a toilet.



You do **not** see your friends.

You feel sad.





**What can you do?**



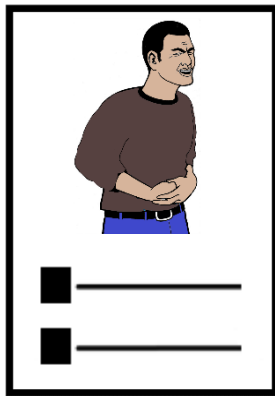
Talk to your

- doctor
- health team.

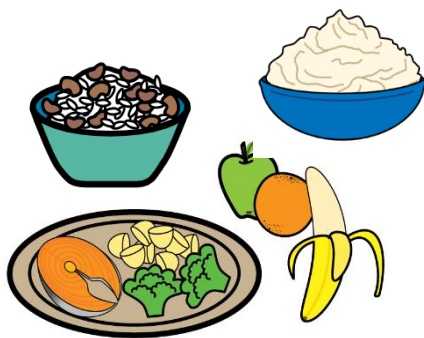


You may see a special doctor.

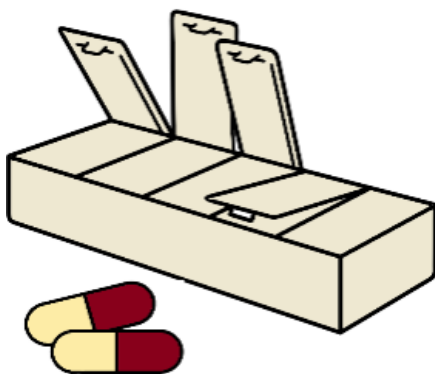
They help your tummy problems.



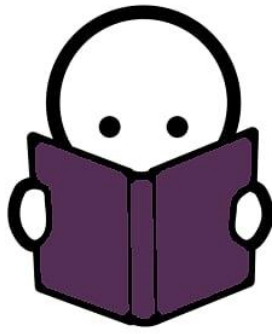
They help you make a plan.



They think about your food.



You may need new pills.

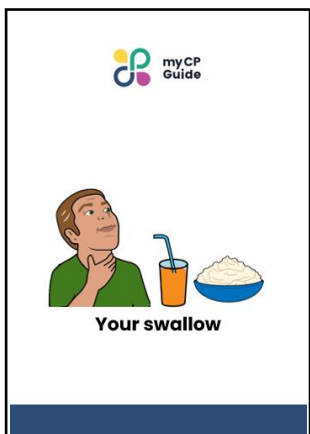


**You want to know more**



Read

**You eat. You drink.**



Read

**Your swallow.**



Read

**Your breathing.**



Read

**Stay fit.**