



My journey

- ▶ **By Matt Timmins**
- ▶ **#Yodamatt** 🤍 🤍

IBD diagnosis



- ▶ Diagnosed 2006
- ▶ Always needed the toilet
- ▶ Tried every IBD medication
- ▶ Surgery became necessary
- ▶ Now have an ileostomy
- ▶ Still awesome but with less organs!

OTHER HEALTH ISSUES



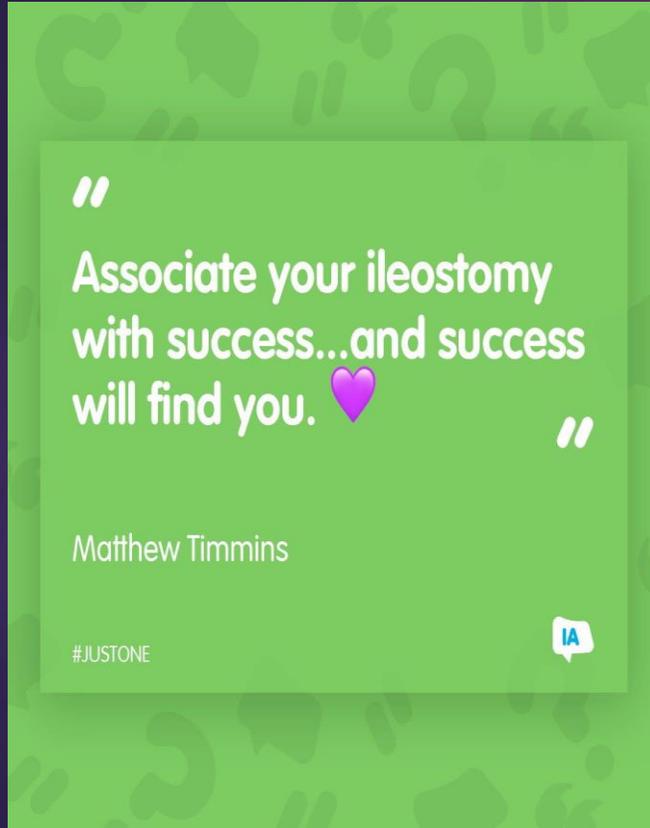
- ▶ PSC Liver Disease
- ▶ Secondary Adrenal Insufficiency
- ▶ DCM Heart Failure

Family and friends



- ▶ Loves 🥰 to spend time with family
- ▶ Cooks a mean chocolate fondant
- ▶ Can enjoy holidays so much more
- ▶ Fan of fine dining
- ▶ The friend who listens (Sometimes 🙏)

Social Media



- ▶ I found others with the same challenges
- ▶ I made friends (some I bribed but still counts 💰👤)
- ▶ I realised I could learn SO much from other people
- ▶ I became more , than I ever thought possible
- ▶ #yodamatt and #yodamattibd was created

Karate



- ▶ Karate-ka for over 20 years 🥋
- ▶ Teaching became a huge focus for me 🥋
- ▶ Currently ranked 2nd (Ni) Dan black belt 🥋
- ▶ Seeing progress in others lifted me 🥋
- ▶ Helped to clear the mind 🥋
- ▶ Stress outlet 🥋

Life with a stoma

- ▶ **Allow all emotions you feel at the time**
- ▶ **Celebrate the body you have**
- ▶ **It's part of you, but not all you are!**
- ▶ **Expect complications along the way**
- ▶ **It's ok to speak with your SCN**
- ▶ **Be prepared!**

Attitudes and aspirations

- ▶ **Give back**
- ▶ **Remember the 50/100 rule**
- ▶ **Do it anyway**
- ▶ **Create your own brand of confidence**
- ▶ **Think 'if Matt can.... I can!'**

Until next time! 🙌🙌🙌

Thank you 🥰

