

***C. diff***—  
an infection  
that can turn  
your life  
upside down

“Every day my gut would feel awful  
the instant I woke up in the morning.  
I'd have to rush to the bathroom...  
just a horrible **roller coaster**.”

~ a *C. diff* sufferer



Whether it's a first *C. diff* infection or it's come  
back—here is information that can help you.

LEARN  
MORE  
INSIDE

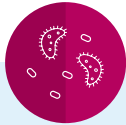
## What is *C. diff*?

*C. diff* is short for the name of the germ that causes the infection: *Clostridioides difficile*.

*C. diff* infection can take people by surprise. They may think, "It's just a stomach bug!" or some other familiar digestive problem.

**It's important to get treatment.** A *C. diff* infection can lead to serious medical problems. It can be fatal for certain people.<sup>1,2</sup>

## Know the symptoms



### Mild Infection<sup>2,3</sup>

- Watery diarrhea 3 or more times a day for more than 1 day
- Mild abdominal cramping and tenderness



### Moderate to Severe Infection<sup>2,3</sup>

- Watery diarrhea, as often as 10 to 15 times a day
- Abdominal cramping and pain, which may be severe
- Rapid heart rate
- Dehydration
- Fever
- Nausea
- Increased white blood cell count
- Kidney failure
- Blood or pus in the stool

**If any of these symptoms last more than 2 days—or quickly get worse—see your doctor.**



“Eating out came to an abrupt halt...I couldn't trust my gut... having to deal with that while out in public was **terrifying**.”

— a *C. diff* sufferer



## How do you get *C. diff*?<sup>2,3</sup>

- By **direct contact** with someone who has the germs
- By **indirect contact**. If you come into contact with a caregiver of someone with *C. diff*, they may have picked up the germs, and could pass them on
- By touching **contaminated surfaces** that have the germs on them



Talk to your doctor if you think you have a *C. diff* infection.

Learn more at [FocusOnCdiff.com](https://www.FocusOnCdiff.com)

**C. diff is very contagious. It's a serious health threat to others in the home and the community.**<sup>2-4</sup>

### Who can get C. diff?

**Anyone.** The risk is greater for people who<sup>2</sup>:

- Are taking antibiotics—or have recently taken them
- Have spent time in a hospital or long-term care facility (such as a nursing home)
- Have a weakened immune system
- Are 65 years of age or older



**Did you know?**

C. diff germs could be in your body and not cause symptoms. Even though you don't feel sick, you can still spread the germs to others who may develop a serious infection.

### C. diff infection happens in the gut microbiome

In the stomach and intestines there is a collection of microscopic life forms that make up the gut microbiome. It is home to trillions of bacteria, both good and bad, that can affect many aspects of our health.<sup>5-7</sup>

When the bacteria in the microbiome are out of balance, harmful bacteria like C. diff may take hold in the gut. This can lead to a C. diff infection.<sup>1,8</sup>

### Oh no, not again?! C. diff can come back

Even after treatment, a relapse is highly possible—the symptoms return. This is called **recurrent C. diff**.<sup>9-12</sup>

Around  
**HALF A MILLION**  
infections are caused by C. diff every year<sup>4,9</sup>

Up to  
**3 IN 10 PEOPLE**  
who get a C. diff infection will get it again<sup>10</sup>

After 1st recurrence, up to  
**6 IN 10 PEOPLE**  
will get another C. diff infection<sup>11,12</sup>

About  
**8 IN 10 PEOPLE**  
with recurrent C. diff were hospitalized over 12 months, and at least 3 separate times<sup>13,14</sup>

### Recurrent C. diff can turn life upside down over and over again

The effects of recurrent C. diff infection sometimes go beyond physical pain and symptoms. It can trigger depression and other mental health concerns, too.<sup>15</sup>

If you feel your mental health is being impacted, talk to your doctor.



“...I am afraid to make plans...  
or **move forward** with my life.  
This is like living in  
constant fear of **relapse**.”  
— a *C. diff* sufferer

### Current treatment options

#### Antibiotics and *C. diff*

**Antibiotics** are the treatment of choice for an initial *C. diff* infection.<sup>16,17</sup> They kill or stop the growth of the disease-causing *C. diff* bacteria.

- But antibiotics further kill some of the good bacteria, like *Bacteroides*, so the microbiome is still out of balance—and *C. diff* infection can take hold again<sup>16,18</sup>
- Use of antibiotics, long-term use, or using more than one can also increase the risk of another *C. diff* infection—leading to a cycle of *C. diff* infections that keep coming back<sup>11,12,19</sup>

#### Fecal Microbiota Transplantation (FMT)

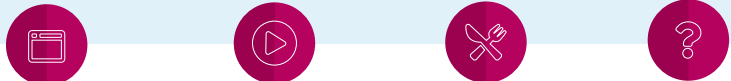
FMT, which can be rectally administered, adds a diverse mix of bacteria into your gut microbiome—helping it get back in balance.<sup>8</sup>

- FMT may be a good option to consider for people who have had recurrent *C. diff* infections, after treatment with antibiotics<sup>16,17,20</sup>
- FMT has been shown to have a cure rate in the range of 68% to 83% for recurrent *C. diff*<sup>21</sup>

**What about probiotics? Probiotics are not recommended for use to prevent or treat a *C. diff* infection.** They can be taken safely when your gut is in a healthy state, and they are designed to help **maintain** a healthy gut microbiome.<sup>22,23</sup>

### We're here for you

Visit [FocusOnCdiff.com](http://FocusOnCdiff.com) to learn more about staying healthy during and after *C. diff* infection. See stories of strength from patients. Understand the role of food and nutrition in recovery. Find information you can trust, and tools you can use to move in a positive direction.



### Advocacy groups



**The Peggy Lillis Foundation** is building a nationwide *C. diff* awareness movement by educating the public, empowering advocates, and shaping policy. The Foundation website is a resource for information and to get involved with helping raise awareness about *C. diff* infections.



**The *C. diff* Foundation** is the leading global patient, family, caregiver, and healthcare organization educating and advocating for *C. difficile* infection prevention, treatments, clinical trials, diagnostics, support, and environmental safety worldwide.



**Kee Kee is a *C. diff* survivor**

Scan this code with your phone to watch her story.



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**Ferring Pharmaceuticals** is committed to developing microbiome-based therapies.



Microbiome  
Therapeutics  
Development