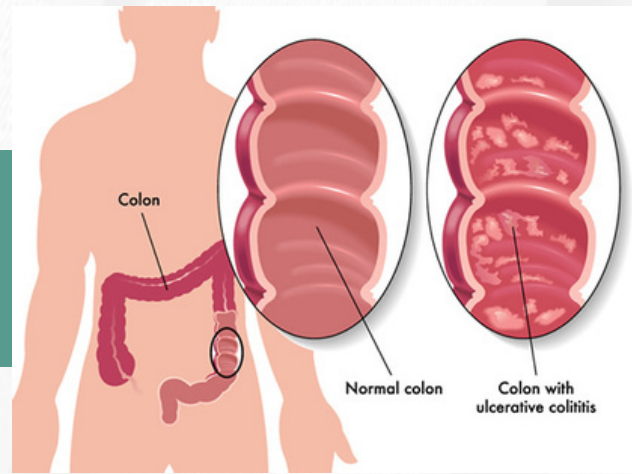




ULCERATIVE COLITIS



WHAT IS ULCERATIVE COLITIS?

Ulcerative colitis is an Inflammatory bowel disease (IBD) that causes Inflammation and ulcers (sores) In your digestive tract. It affects the Innermost lining of your large Intestine also called the colon, and rectum. Symptoms usually develop overtime.

SYMPTOMS

- Diarrhea, often with blood or pus
- Rectal bleeding, passing small amount of blood with stool
- Abdominal pain and cramping
- Rectal pain
- Urgency to defecate
- Inability to defecate despite urgency
- Weight loss
- Fatigue
- Fever

TYPES

1. **Ulcerative proctitis** - inflammation is confined to the area closest to the anus, also called the rectum. Rectal bleeding may be the only sign of the disease.
2. **Proctosigmoiditis** - inflammation involves the rectum and sigmoid colon. Symptoms include bloody diarrhea, abdominal cramps and pain, and an inability to move the bowels despite the urge to do so.
3. **Left-sided colitis** - Inflammation extends from the rectum up through the sigmoid and descending portions of the colon. Symptoms include bloody diarrhea, abdominal cramping and pain on the left side, and urgency to defecate.
4. **Pancolitis** - This type often affects the entire colon and causes bouts of bloody diarrhea that may be severe, abdominal cramps and pain, fatigue, and significant weight loss

RISK FACTORS

- Age - typically begins before age 30 but some people may not develop the disease till after 60
- Family History

COMPLICATIONS

- Severe bleeding
- Severe dehydration
- A rapidly swelling colon, also called a toxic megacolon
- A hole in the colon, also called a perforated colon
- Increased risk of blood clots in veins and arteries
- Inflammation of the skin, joints and eyes
- An increased risk of colon cancer
- Bone loss, also called osteoporosis

DIAGNOSIS

- Blood tests
- Stool Studies
- Colonoscopy with tissue sample
- Sigmoidoscopy
- X-Ray - rule out megacolon or perforated colon
- CT Scan - bowel Inflammation
- CT enterography and MR enterography - look for bowel Inflammation



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TREATMENT

- **Anti-inflammatory medication**
 - 5-aminosalicylates (mesalamine, olsalazine)
 - Corticosteroids (prednisone, budesonide)
 - Reserved for moderate to severe UC that does not respond to other treatments
 - Not used long term
- **Immune system suppressors**
 - Azathioprine and Mercaptopurine
 - Often used In combination with biologics
 - close monitoring required with regular blood tests to look for side effects Including effects on liver and pancreas)
 - Cyclosporine
 - Reserved for people who haven't responded to other treatments
 - Not for long term use
 - Small molecule medications (Rinvod, Zeposia)
- **Biologics**
 - Tumor necrosis factor Inhibitors (TNF)
 - Examples: Remicade, Humira, Simponi
 - Work by neutralizing a protein produced by your Immune stem
 - Vedolizumab (Entyvio)
 - Works by blocking Inflammatory cells from getting to the site of Inflammation
 - Ustekinumab (Stelara)
 - Works by blocking different protein that cause Inflammation
- **Anti-diarrheal medication** (Imodium)
- **Pain relievers** (Tylenol)
 - Do not use Ibuprofen, naproxen sodium and diclofenac sodium as It can worsen symptoms
- **Antispasmodics**
- **Iron Supplements**
- **Surgery** (proctocolectomy)
 - Involves removing your entire colon and rectum and creating a ileoanal anastomosis (j-pouch) for normal elimination
 - If a J-pouch creation is not possible, a permanent opening In your abdomen (Ileal stoma) is created and this allows stool to be passed Into a collection bag

CANCER SURVEILLANCE

- You will need more-frequent screening for colon cancer because of your increased risk.
- If your disease involves more than your rectum, you will require a surveillance colonoscopy every 1 to 2 years.
 - 8 years after diagnosis if the majority of colon is involved.
 - 15 years after diagnosis if only the left side of your colon is involved.

LIFESTYLE AND HOME REMEDIES

- Limit dairy products
- Eat small meals
 - you may find you feel better eating 5-6 small meals a day
- Drink plenty of liquids
- Avoid alcohol
- Avoid caffeine
- Control stress
 - Exercise
 - biofeedback
 - regular relaxation and breathing exercises