



ABOUT ULCERATIVE COLITIS

Ulcerative colitis (UC) is a **chronic and often debilitating** inflammatory disorder affecting the large intestine (colon) and rectum. It is a form of **inflammatory bowel disease (IBD)** characterized by inflammatory changes involving the innermost lining of the colon.^{1a}

SIGNS AND SYMPTOMS

UC symptoms typically develop over time and occur during periods referred to as flare-ups.^{1b}

Some patients with UC can experience ^{1c,2,3} :



Diarrhea



Rectal bleeding



Abdominal pain and cramping



Urgent need to move bowels

CAUSES OF UC

The exact cause of UC is unknown. Researchers and physicians believe it may be linked to complex interactions between multiple factors, including genetic predisposition and an exaggerated immune response to a microbial trigger.^{4a}

Possible risk factors for UC include ^{4b} :



Genetic predisposition



Exaggerated immune response



Microbial trigger

PREVALENCE AND PATIENTS

As many as **907,000 people** in the U.S. are estimated to live with UC.⁵

UC can occur at any stage of life, although it is most often diagnosed **between the ages of 15 and 30**.⁶

Men have a slightly greater likelihood of being affected than women.⁷

Beyond physical symptoms, UC can have an effect on:^{1d}



Work



Family



Social activities

TREATMENT GOALS

UC treatment is aimed at achieving and maintaining steroid-free remission.

Maintaining remission can be difficult for many patients. In some cases, surgery to remove the colon (colectomy) is necessary.³

REFERENCES

- Irvine EJ. Quality of Life of Patients with Ulcerative Colitis: Past, Present, and Future. *Inflamm Bowel Dis*. 2008;14(4):554-563.
 - Page 1/ Lines 31-32
 - Page 1/ Lines 36-40
 - Page 1/ Lines 55-60
 - Page 1/ Lines 41-46; Lines 60-69
- Hanauer SB. Inflammatory bowel disease. *N Engl J Med*. 1996;334(13):841-8.
- Lichtenstein GR, Hanauer SB, Sandborn WJ. Emerging Treatment Options in Mild to Moderate Ulcerative Colitis. *Gastroenterol Hepatol*. 2015;11(3 Suppl 1):1-16.
- Sartor RB. Mechanisms of Disease: pathogenesis of Crohn's disease and ulcerative colitis. *Nat Clin Pract Gastroenterol Hepatol*. 2006;3:390-407.
 - Page 390/ Summary/ Lines 2-15
 - Page 399/ Environmental Triggers/ Lines 1-14
- Crohn's and Colitis Foundation. What is Ulcerative Colitis. <http://www.crohnscolitisfoundation.org/what-are-crohns-and-colitis/what-is-ulcerative-colitis/>. Accessed March 29, 2018.
- Ordás I, Eckmann L, et al. Ulcerative colitis. *Lancet*. 2012; 380: 1606-1619.
- Shivashankar R, et al. *Clin Gastroenterol Hepatol*. 2017;15(6):857-863.