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.  

**ABOUT ULCERATIVE COLITIS**

**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.

Possible risk factors for UC include:

- 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. UC can occur at any stage of life, although it is most often diagnosed between the ages of 15 and 30. Men have a slightly greater likelihood of being affected than women.

Beyond physical symptoms, UC can have an effect on:

- 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.

**REFERENCES**