ULCERATIVE COLITIS (UC) 101
A BASIC GUIDE

Ulcerative colitis is a chronic inflammatory bowel disease (IBD) characterized by inflammation of the large intestine (colon and rectum).

- It is not caused by food
- It is not contagious
- The exact cause is unknown

SYMPTOMS INCLUDE:
Frequent recurring diarrhea, rectal bleeding, unexplained weight loss, fever, abdominal pain and cramping, fatigue and a feeling of low energy, reduced appetite, tenesmus (sudden and constant feeling to move your bowels).

Other facts about symptoms:
- Inflammation plays a role in your symptoms
- Symptoms range from mild to severe

WHAT CAUSES UC?
- The exact cause is unknown
- It is not caused by something a person has done or eaten
- It is believed to be a combination of:
  - Genetics
  - The immune system
  - The environment

UC IS UNPREDICTABLE
- Varies between periods when disease is active, or flaring, and when it is in remission (few or no symptoms)
- Varies from person to person and may change over time
- When ulcerative colitis is flaring, symptoms may make it difficult to keep to a usual routine

UC TREATMENT
- Because ulcerative colitis is chronic, ongoing treatment is required
- There are many different kinds of medications available
- People with UC should work with their doctor to create a treatment plan and set treatment goals

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