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

**WHO GETS ULCEARTIVE COLITIS?**

UP TO 20% of people with UC have a blood relative who has IBD

APPROXIMATELY 900,000 PEOPLE IN THE UNITED STATES ARE AFFECTED BY ULCEARTIVE COLITIS

**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