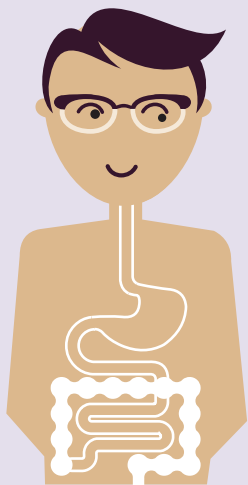


ULCERATIVE COLITIS (UC) 101

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

UC CAN ALSO AFFECT



Eyes



Skin



Joints

UC IS UNPREDICTABLE



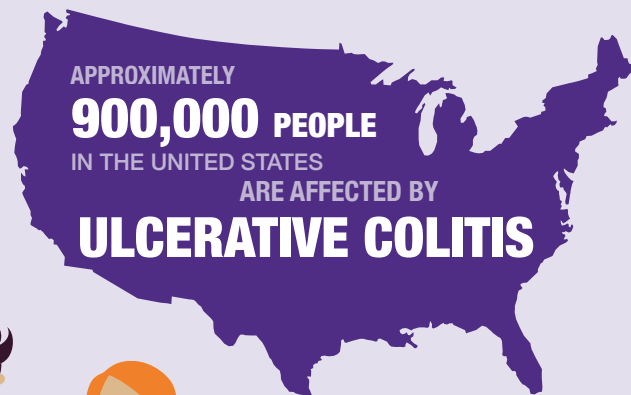
- Varies between periods when disease is active, or flaring, and when it is in remission (few or no symptoms)
- Varies from person to person and may change over time
- When ulcerative colitis is flaring, symptoms may make it difficult to keep to a usual routine

WHO GETS ULCERATIVE COLITIS?



UP TO **20%**

of people with UC have a blood relative who has IBD



AFFECTS MEN AND WOMEN **EQUALLY**



Usually diagnosed between ages

15-35 YEARS OLD

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 BELIEVED TO BE AN OVERREACTION OF THE IMMUNE SYSTEM.

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