Ulcerative colitis (UC) is a chronic inflammatory disorder affecting the large intestine (colon) and rectum. It is a form of inflammatory bowel disease (IBD) characterized by inflammatory changes limited to the innermost lining of the colon.1

### SIGNS & SYMPTOMS
UC symptoms typically develop over time1 and can occur in periods called (or referred to as) flare-ups.2 The inflammation of the colon can result in diarrhea that is often bloody and can be associated with abdominal discomfort.3

Some patients with UC can experience:2a

- Diarrhea with blood and mucus
- Rectal pain and bleeding
- Abdominal pain and cramping
- Urgent need to move bowels
- Difficultly when passing stool
- Fever

### CAUSES OF UC
The exact cause of UC is unknown.2 However, researchers and physicians believe it may be linked to an abnormal immune response in a genetically susceptible host resulting from exposure to bacteria or viruses.3

Possible risk factors for UC include:2a,4

- Genetics
- Environmental factors
- Age

Though diet and stress do not cause UC, these factors may have an effect on symptoms.3

### PREVALENCE & PATIENTS

5 million people worldwide live with IBD4

907,000 people in the U.S. live with UC3b

- UC can occur at any stage of life, although it is most often diagnosed before the age of 30.3c
- Men and women have similar likelihood of being affected.4

### TREATMENT OPTIONS
- UC treatment is aimed at achieving and maintaining remission.32 Approved medication classes include:32
  - Aminosalicylates
  - Corticosteroids
  - Immunomodulators
  - Biologics
- Maintaining remission can be difficult for many patients.7
- In some cases, surgery to remove the colon, colectomy, is necessary.33

### REFERENCES