

Fast Facts

Colitis

- An inflammatory bowel disease that is also known as ulcerative colitis
- Causes ulcers and long-term inflammation of digestive tract
- These are usually found at the innermost lining of large intestines and rectum
- Cause isn't known, but thought to be related to either an immune system malfunction, genetics or a combination of both
- Diet and stress don't cause it, but can exacerbate it
- Several types: ulcerative proctitis, proctosigmoiditis, left-sided colitis, pancolitis and acute severe ulcerative colitis

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<p>Depend on type, but include:</p> <ul style="list-style-type: none"> -Diarrhea (often with blood or pus) -Abdominal pain/cramping -Rectal bleeding -Urgency to defecate -Unable to defecate (despite urgency) -Weight loss -Fatigue -Fever 	<p><i>Goal:</i> Lessen severity of symptoms and have disease go into remission</p> <p><i>Medications:</i></p> <ul style="list-style-type: none"> -Anti-inflammatories -Immunosuppressants -Manage symptoms (ex. antibiotics, anti-diarrhea, pain relievers) <p><i>Surgery:</i></p> <ul style="list-style-type: none"> -Create internal pouch -Create ileal stoma 	<p><i>Goal:</i> Minimize severity of symptoms and help increase time between flare-ups</p> <p><i>Control Diet:</i></p> <ul style="list-style-type: none"> -Keep a food diary -Limit dairy products -Decrease fiber (if it makes symptoms worse) -Avoid spicy foods, alcohol and caffeine -Drink plenty of water -Eat five or six small meals each day -Talk to a dietitian <p><i>Other Things:</i></p> <ul style="list-style-type: none"> -Reduce stress by exercising, practicing relaxation techniques, learning about colitis, joining a support group and talking to a therapist

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