

Ulcerative Colitis

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Introduction

The inflammatory bowel disease ulcerative colitis (UC) is a kind of colitis. It irritates the lining of your big intestine, causing inflammation and ulcers (also called your colon).

There is no cure, and most people will experience symptoms on and off for the rest of their lives. However, the appropriate medicines might help you keep the condition under control. Ulcerative colitis is a chronic condition of the large intestine in which the colon's lining becomes inflamed and ulcers form. Your immune system's excessive response causes this disorder.

Difference between colitis and ulcerative colitis

Your colon is inflamed or irritated if you have colitis. This can be caused by a variety of factors, including viral or bacterial infections. Ulcerative colitis is more severe than other types of colitis since it is not caused by an infection and lasts a lifetime.

Ulcerative colitis symptoms

The severity of UC symptoms vary depending on the individual. The signs and symptoms may alter over time.

People who have been diagnosed with UC may have periods of no symptoms or only mild symptoms. This is referred to as remission. Symptoms can, however, reappear and become more severe. This is referred to as a flare-up.

Stomach pain, increased abdominal noises, and bloody faeces are all common UC symptoms.

Diarrheal, fever, rectal pain, weight loss, and malnutrition are all symptoms of diarrhoea, fever, and malnutrition. Additional signs and symptoms of UC include:

- Joint pain
- Joint swelling
- Nausea and loss of appetite
- Skin problems
- Mouth sores
- Eye inflammation

Ulcerative colitis causes

UC is thought to be caused by an overactive immune system, according to researchers. However, why certain immune systems attack the big intestines while others don't is unknown.

- Genes are one factor that may influence who develops UC. You might inherit a gene from a parent that makes you more likely to develop UC.
- Immune system problems. If you have one form of immunological illness, you're more likely to develop another.
- Environmental variables. Your immune system can be triggered by bacteria, viruses, and antigens.

How is ulcerative colitis diagnosed?

Your healthcare professional must rule out other illnesses before diagnosing ulcerative colitis in adolescents, teenagers, and adults. Following a physical examination, your doctor may issue the following orders:

Blood tests: Your blood can reveal infection or anaemia symptoms. Anaemia is a condition in which your blood has too little iron. It could indicate that you're experiencing colon or rectum bleeding.

Stool samples: Your stool may contain signs of infection, parasites (tiny organisms that can dwell in a person's body), and inflammation.

Imaging tests: A picture of your colon and rectum may be required by your healthcare practitioner. A magnetic resonance imaging (MRI) or computed tomography (CT) scan may be performed on you.

Endoscopic examinations: An endoscope is a thin, flexible tube with a small camera attached to it. The endoscope can be inserted into the anus by specialised specialists to examine the rectum and colon. Colonoscopy and sigmoidoscopy are two common endoscopic procedures.

Types of ulcerative colitis

Type of ulcerative colitis is determined by where it is located in your body:

- Ulcerative proctitis is the most common type. Only the rectum, the section of your colon closest to your anus, is affected. It's possible that rectal bleeding is the only symptom of the condition.
- Proctosigmoiditis is a condition that affects the rectum and the lower end of the colon (you may hear the doctor call it the sigmoid colon). You'll experience bloody diarrhoea, stomach pains, and agony in your abdomen. You'll feel compelled to poop but won't be able to.

- Left-sided colitis causes stomach discomfort on that side. You'll get bloody diarrhoea and may lose weight without realising it. Inflammation will run from your rectum to the left side of your colon.
- Pan colitis is a condition that affects the entire colon. It can produce severe bouts of bloody diarrhoea, stomach cramps, and other symptoms.
- Acute severe ulcerative colitis is a rare complication of ulcerative colitis. It attacks the entire colon, causing extreme discomfort, diarrhoea, bleeding, and a fever.

Treatment

Drug therapy or surgeries are frequently used to treat ulcerative colitis. Several medication classes may be beneficial in

the treatment of ulcerative colitis. The type you take will be determined by how serious your ailment is. Drugs that help some individuals may not help others, so it may take some time to discover one that works for you.

You'll also need to assess the benefits and risks of any treatment because some medications have substantial adverse effects.