

Ulcerative Colitis

Ulcerative colitis (UC) is a chronic, immune-mediated disease of the large intestine that causes continuous mucosal inflammation extending variably from the rectum to the more proximal colon.^{1,2} UC is an unpredictable disease with varying patterns of inflammatory activity changing over time.³ UC belongs to a group of diseases called inflammatory bowel disease (IBD).^{2,4}



At least 6.8 million people worldwide live with IBD.⁵



UC is frequently diagnosed before the age of 30, but **can occur at any age.**^{2,4}



In a given year, **52 percent of people** with UC have active symptoms.²



5-20 percent of people with IBD have a first-degree relative with IBD.^{2,4}



23 to 45 percent of people with UC will eventually require surgery.⁶

The Signs and Symptoms of Ulcerative Colitis⁴

Bloody stool

Diarrhea

Abdominal pain and cramping

Rectal pain and bleeding



Urgency to defecate

Inability to defecate despite urgency

Fatigue

Fever

Unpredictability of symptoms is a key burden in UC, with patients commonly experiencing a loss of bodily function control.⁷

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The Impact is Beyond Physical



Symptoms such as **bowel urgency and incontinence and uncertainty about disease relapses** lead to substantial burden and disability among patients, which is often underestimated.^{8,9}

Over two thirds of IBD patients consider toilet availability when planning to attend an event.⁹



Managing UC and Establishing Treatment Goals

Because symptoms of UC can be unpredictable and early diagnosis and regular monitoring can lead to better outcomes, it is important that patients assess symptoms routinely and speak with their doctors to share how the disease impacts their daily lives.¹⁰

Significant unmet needs remain for people living with UC.¹¹ Early diagnosis and disease management are important to help control inflammation and improve long-term outcomes.¹⁰ Persistent inflammation and more severe disease can cause further bowel damage.¹²

Treatment goals are evolving beyond symptom management to include clinical remission and mucosal healing, improving quality of life without the need for surgery and absence of disability.^{2,13,14}

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