

Editorial Note on Ulcerative Colitis

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Description

Ulcerative colitis causes damages and ulcers in the large intestine or colon. It goes to a group of conditions called Inflammatory Bowel Disease (IBD). It leads to diarrhea with blood, cramping and urgency. In ulcerative colitis, the inflammation normally begins in the rectum, which is close to the anus. The inflammation first spread and then affects a part or the entire colon. When the inflammation happens in the rectum and lower portion of the colon it is called ulcerative proctitis. When the complete colon is affected it is called pancolitis and if only the left side of the colon is affected it is called distal colitis.

The complexity of UC depends on the amount of inflammation and the site. Sometimes it is observed that severe inflammation in the rectum or very mild inflammation in the entire colon. When symptoms are worse, people who are affected with ulcerative colitis, they may notice a pattern of flare-ups. During times of reduction, the person might have slight or no symptoms. The aim of the therapy is to remain in remission as long as possible. Most of the people diagnosed with ulcerative colitis have minor symptoms. Others suffer repeatedly in fevers, bloody diarrhea, nausea and severe stomach cramps. Ulcerative colitis leads to disease like arthritis, inflammation of the eye, liver disease and osteoporosis. It is unknown why these difficulties occur outside the colon. Scientists think these difficulties may be the result of inflammation activated by the immune system. Some of these problems go away when the colitis is treated.

Ulcerative colitis is a disease which can occur in people of any age, but it usually starts between the ages of 15 to 30, and less frequently between 50 and 70 years of age. It affects men and women both and seems to run in families. Up to 20% of people with ulcerative colitis having a family member or relative with ulcerative colitis or Crohn's disease. About 20% of patients are identified before they are 20 years old and it can occur to children almost at the age of two.

When the colon is inflamed or irritated it is called colitis. This can be caused by infections from viruses or bacteria. Ulcerative colitis is more severe than normal colitis because it is not caused by an infection and is permanent. Ulcerative colitis isn't a rare condition. Together with Crohn's disease, in North America and Europe, another type of inflammatory bowel disease, it affects up to 1 in 250 people.

As per researchers think, the source of ulcerative colitis is complex and includes many factors. They think it's probably the effect of a feverish immune response. The immune system's role is to give protection the body from germs and other hazardous substances. But, sometimes our immune system misguidedly attacks our body, which is the reason of inflammation and tissue damage.

The aim of the treatment is to make and maintain remission, and to grow the excellence of life for the people affected with ulcerative colitis. Healthcare providers use many kinds of medications to calm inflammation in the large intestine or colon. Decreasing in the swelling and irritation lets the tissue heal. It can also release the symptoms so the patient has less pain and fewer diarrheas.

Conclusion

Basically there's no treatment for ulcerative colitis, but treatments can tranquil the inflammation, help the patients to feel better and get them back to their daily activities. Treatment also depends on the complexity and the individual. Healthcare providers manage the disease with medications. If our tests disclose infections that are the reason problems, your healthcare provider will treat those underlying conditions and see if that helps.

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