

The image features a central blue circle containing the text "Ulcerative colitis explained (UC for short)". The background is a light blue gradient with faint, dotted white lines forming a pattern of irregular shapes. A faint, light blue outline of a hand is visible behind the central circle.

Ulcerative
colitis

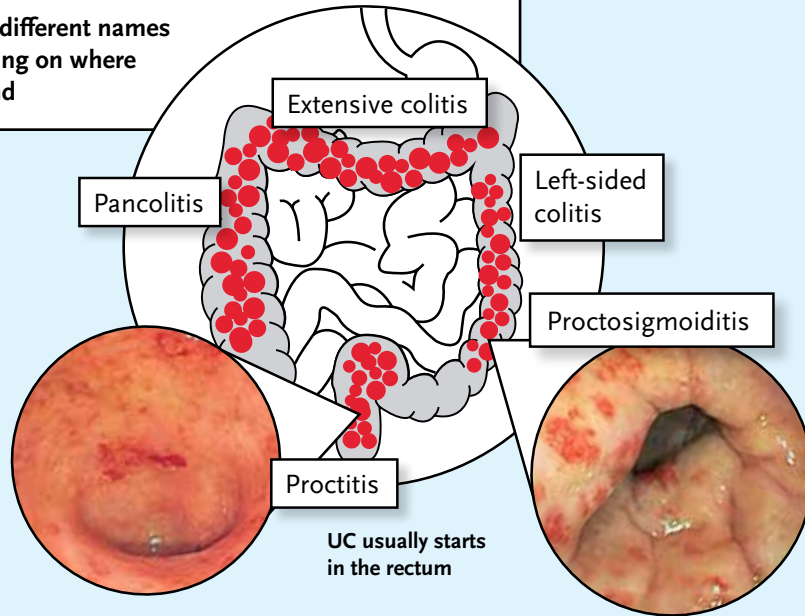
explained

(UC for short)

Ulcerative colitis (UC for short)

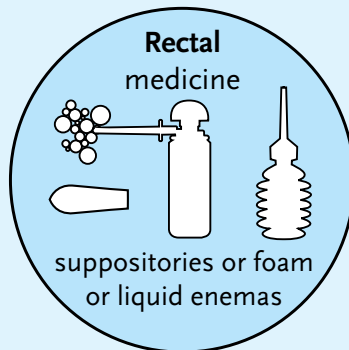
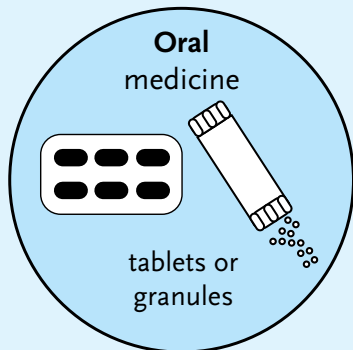
A condition causing inflammation in the colon and rectum

UC has different names depending on where it's found



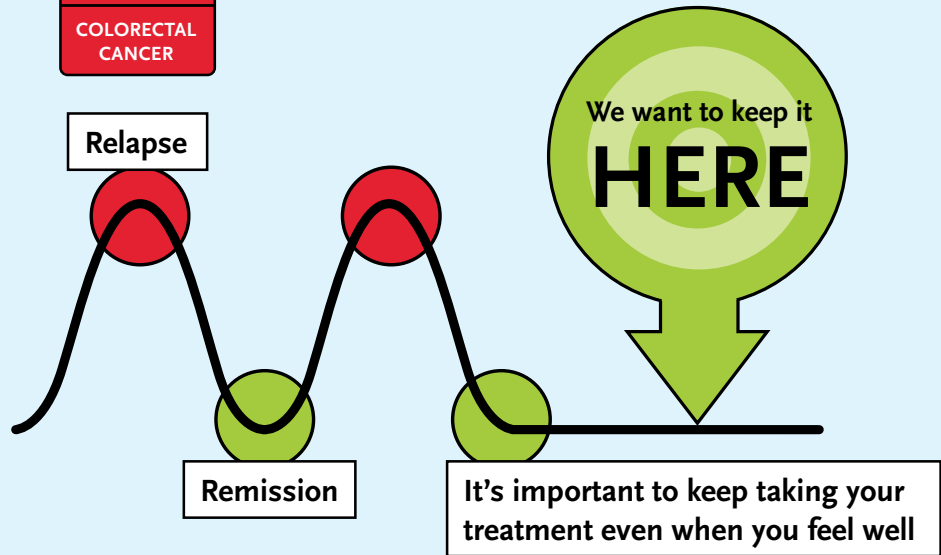
UC usually starts in the rectum

How we treat it depends on where the inflammation is



- FLARE-UPS
- INVASIVE TREATMENTS
- HOSPITAL STAYS
- SURGERY
- COLORECTAL CANCER

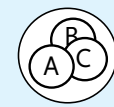
The goal is to keep inflammation in check



There are other things you can do to help yourself



Eat small portions



Take supplements



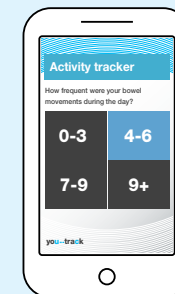
Drink lots of water



Talk things through



Keep active



you...track app

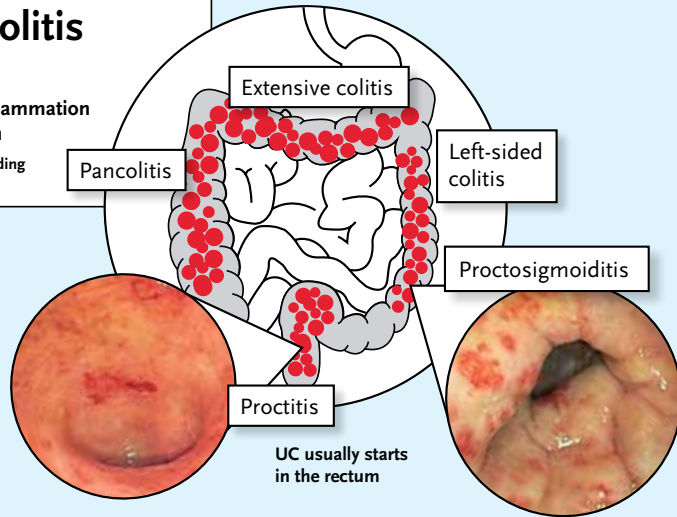
Download the you...track app to track your UC symptoms



Ulcerative colitis (UC for short)

A condition causing inflammation in the colon and rectum

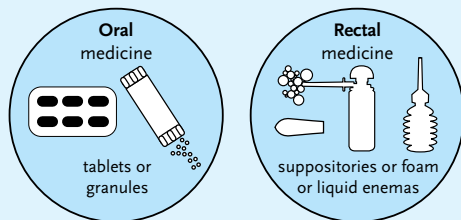
UC has different names depending on where it's found



UC usually starts in the rectum

- UC is a type of inflammatory bowel disease (IBD) that affects the colon and rectum¹
- It causes your colon to become inflamed and sometimes small sores called ulcers may form^{1,2}
- You may hear it called different names depending on where the inflammation is¹

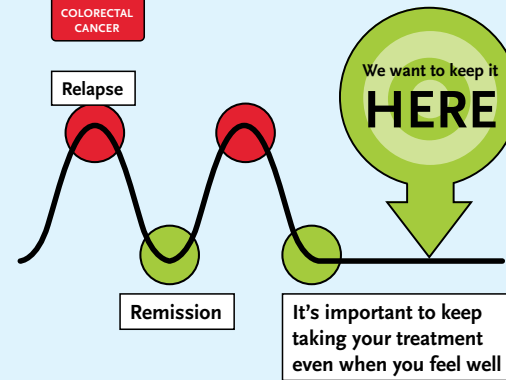
How we treat it depends on where the inflammation is



- Treatment comes in a few different forms to match your needs
- You can take tablets or granules with a special coating that dissolves once they get to the colon²
- Rectal options like suppositories, foams and enemas are also good for getting medicine to where it's needed²

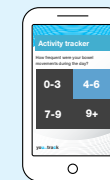
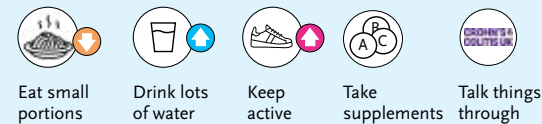
FLARE-UPS
INVASIVE TREATMENTS
HOSPITAL STAYS
SURGERY
COLORECTAL CANCER

The goal is to keep inflammation in check



- Inflammation in UC goes up and down over time, with periods of remission when you feel well, and relapses when you get symptoms²
- We want to get your inflammation into remission and keep it there²
- Even when you feel well, you still need to take your medicine so that you don't have another flare-up or any other unpleasant complications³

There are other things you can do to help yourself



you•••track app

You can track how active your UC is with the you•••track app

- Eat and drink in small amounts frequently throughout the day⁴
- Regular exercise can help reduce fatigue and inflammation in people with IBD⁵
- Taking supplements (like iron or vitamin D) can help you make sure you're getting enough nutrients⁴
- It's a good idea to talk things through – you can find lots of support through Crohn's & Colitis UK

References

Ulcerative colitis (UC)

1. Singh S *et al.* Gastroenterology 2019; 156(3): 769-808.e29.
2. Osterman MT, Lichtenstein GR. 'Ulcerative colitis' In: Gastrointestinal and Liver Disease. W B Saunders Co / Elsevier Science Health Science; 2015.
3. Taylor K, Irving P. Nat Rev Gastroenterol Hepatol 2011; 8: 646-56.
4. Brown AC *et al.* Expert Rev Gastroenterol Hepatol 2011; 5(3): 411-25.
5. Bilski J *et al.* Pharmacol Rep 2016; 68(4): 827-36.

Abbreviations

IBD: inflammatory bowel disease

UC: ulcerative colitis

Useful links:

www.dralk.co.uk

www.crohnsandcolitis.org.uk

Adverse events should be reported. Reporting forms and information in Ireland can be found at www.hpra.ie and in the UK at www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store. Adverse events should also be reported to Dr Falk Pharma UK Ltd. at PV@drfalkpharma.co.uk

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