

What is Ulcerative Colitis?

Ulcerative colitis (UC) is an inflammatory bowel disease where immune system dysfunction leads to inflammation and ulcers in the lining of the large intestine

Common Symptoms of Ulcerative Colitis

Pain & Cramping

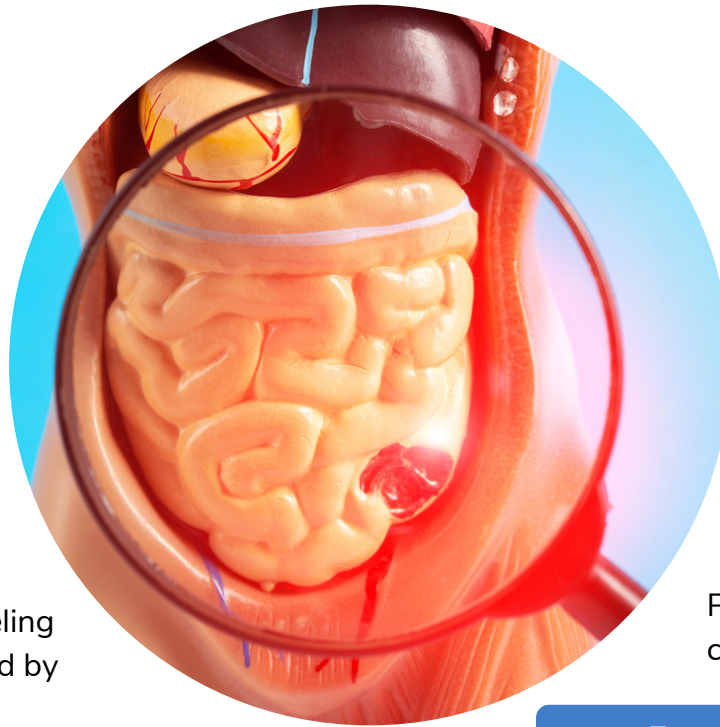
Abdominal pain and cramping felt in the lower abdomen.

Rectal Pain & Bleeding

Blood in the stool may range from mild to severe.

Fatigue

Fatigue and a general feeling of malaise. likely mediated by chronic inflammation and frequency of bowel movements.



Urgency

Sudden and urgent need to have a bowel movement, which can be difficult to control.

Weight loss

Loss of appetite, diarrhoea, and malabsorption of nutrients.

Diarrhoea

Persistent diarrhoea, often containing blood or pus.

Fever

Persistent fever.

Causes

Multiple factors may contribute to Ulcerative Colitis

Ulcerative colitis (UC) appears to be caused by a combination of abnormal immune response attacking the digestive tract cells, likely triggered by a combination of genetic predisposition and environmental factors, further aggravated by diet and stress. Hereditary accounts for up to 20% of UC cases. Research also indicates differences in the gut microbiome between individuals with the disease and those without.

UK Statistics

Around 1 in 227 people in the UK have Ulcerative Colitis...

...totaling approximately 296,000 individuals, primarily diagnosed in those aged 15–25.

Diet & Nutrition

Diet and Lifestyle support for Ulcerative Colitis

There are many ways to support Ulcerative Colitis with a personalised nutrition and lifestyle approach. BANT nutrition practitioners assess and identify potential nutritional imbalances to understand how these may contribute to an individual's symptoms and health concerns. There is no singular treatment for ulcerative colitis, however, it can be successfully supported with dietary and lifestyle recommendations to help you manage frequency and severity of symptoms and occurrence.

