



GOING BEYOND THE SYMPTOMS: TAKING CARE OF YOUR UC, INSIDE AND OUT

Understanding the importance of healing the inner lining of your colon

ULCERATIVE COLITIS: JUST THE FACTS

Suffering from UC? You're not alone

Some 4,500 Canadians will be diagnosed with UC this year, joining the 104,000 already living with UC.

HERE ARE SOME KEY FACTS:

- Ulcerative colitis (UC) is a type of inflammatory bowel disease
- The inner lining of your colon is affected by ulcerations and inflammation
- Rectal bleeding, persistent diarrhea and abdominal pain are the most common symptoms, and can range in intensity from mild to severe
- UC is a chronic – or lifelong – condition marked by periods of remission (when symptoms are not present) and periods when symptoms flare up
- The inner lining of your bowel can become permanently scarred due to chronic inflammation

WHY IS IT IMPORTANT TO TAKE CARE OF THE INNER LINING OF YOUR BOWEL?

While it's true that UC is a chronic condition, it's also true that symptoms can be managed – and remission (periods when symptoms are gone for months or even years) can be achieved.

But taking care of the symptoms is just one part of managing your UC. The inner lining of your bowel is the second part and one that is important to the overall health of your intestinal tract.

It's been shown that when steps are taken to **heal the inner lining of your bowel** – that is, to reduce the inflammation and ulcerations in the mucosal lining – there is a better chance of maintaining remission, as well as reducing the likelihood of surgery.

Want to know more? Ask your doctor about treating UC beyond symptom management.



Now you see it: the effects of UC on the inner lining of your bowel can be damaging – but healing is possible.

LIVING WITH UC, LEARNING ABOUT UC: THINGS TO DISCUSS WITH YOUR DOCTOR

Getting to know the symptoms of UC is important, as you may experience different symptoms or a change in symptoms. Here are some of the most common symptoms associated with UC:

- diarrhea
- bloody stool
- abdominal pain and cramping
- anemia
- fatigue
- mild fever
- nausea and vomiting
- weight loss
- loss of appetite
- skin lesions

One of the hallmark symptoms of UC is the “false urges” to have a bowel movement that can arise throughout the day

It’s important to let your doctor know if any of your UC symptoms are affecting your daily life and your ability to do the things that are important to you. This can help your doctor determine what treatments can be right for you.

THE INSIDE STORY: HOW INFLAMMATION DAMAGES THE INNER LINING OF YOUR BOWEL

You may know the symptoms – but do you know what’s happening on the inside?

When you have UC, the inside lining of your bowel becomes inflamed due to specific immune cells and cytokines entering the area and simultaneously destroying blood vessels (which is why you may see blood in your stool) and forming abscesses, or pus-filled sacs. This then leads to the development of open sores, or ulcers.

A common symptom of UC is the urgent need to have a bowel movement and then only excreting a small amount. These “false urges” are due to the inflammation in your bowel.

Over time, the inflammation from UC can destroy the healthy lining in your bowel, leaving in its place ulcers and scarring which can lead to a shortening or narrowing of the colon.



UC is believed to be your body’s immune system responding abnormally to bacteria in your digestive tract

MANAGE YOUR UC – FROM THE INSIDE AND OUTSIDE!

Now that you know more about how UC affects the inner lining of your bowel, you know how important it is to not only take care of your symptoms – but also what is going on inside your body.

Talk to your doctor today to find out how you can take care of UC from the inside out

