

## **ULCERATIVE COLITIS**

Ulcerative colitis is due to inflammation of the rectum and the colon.

### **CAUSES**

1. Females between 20-40 years are affected.
2. More commonly seen in females, no cause known for it.
3. Genetic- family history of Crohn's disease or ulcerative colitis.
4. Immunological.
5. Atopy.
6. Psychological factors like continued stress and anxiety.
7. Smoking aggravates the condition but does not cause it.

### **SIGN AND SYMPTOMS**

1. In acute condition: Frequent small loose stools.
  - a. Cramps in abdomen.
  - b. Rectal pain.
  - c. Fever.
  - d. Bloody diarrhoea.
2. In chronic condition: Low grade fever
  - a. Anaemia
  - b. Malaise
  - c. Appetite low
  - d. Weight loss
  - e. Rectal bleeding
  - f. Passage of blood and mucus in stool and sometimes even pus.
3. It can be associated with: joint pains,
  - a. Back stiffness
  - b. Eye complications
  - c. Aphthous stomatitis (mouth ulcer)

### **DIETARY MANAGEMENT**

1. Foods that are recommended are the low-residue diet.
2. 2 cups of milk, cottage cheese, pudding, or yogurt per day if your complaints are not aggravated by this products.
3. Refined white breads, pasta, crackers, and dry cereals that have less than half a gram of fibre per serving.
4. Reduce the amount of greasy or fried foods in your diet.
5. Fruits: raw, ripe bananas, melon, cantaloupe, watermelon, plums, peaches, and apricots
6. Avoid dry fruits, berries, figs, prunes, and prune juice.
7. Vegetables: raw lettuce, cucumbers, zucchini, and onion, spinach, pumpkin, seedless yellow squash, carrots, eggplant, potatoes, green and wax beans.
8. Avoid eating raw vegetables. Always cook them.
9. Avoid spicy sauces, dressings, pickles.
10. Restrict eating high-fibre foods such as nuts, seeds, corn, and popcorn.
11. Eat five or six small meals per day rather than two or three larger ones.
12. Try to drink plenty of fluids daily especially water.
13. Avoid refined sugars.
14. Avoid food that you are allergic to.
15. Avoid tea, coffee and aerated drinks, alcohol

**NOTE : PLEASE CONTACT WITH YOUR DOCTOR FOR EXACT DIET FOR THE HEALTH PRBLEMS YOU HAVE.THIS A SAMPLE DIET CHART TO GET THE IDEA OF YOUR DAILY ROUTINE FOOD INTAKE TO MAKE YOUR LIFE HEALTHY .**