

Ulcerative Colitis

What is Ulcerative Colitis?

Ulcerative colitis (UC) is a chronic inflammatory bowel disease (IBD) that is characterized by an abnormal, prolonged immune response that creates long-lasting inflammation and ulcers (sores) in the mucosa (lining) of the large intestine (colon), or rectum.^{1,2} UC and Crohn's disease both involve chronic inflammation of the intestines and classify as IBD.³

It is estimated that approximately **12.6 million** people worldwide have IBD.⁴

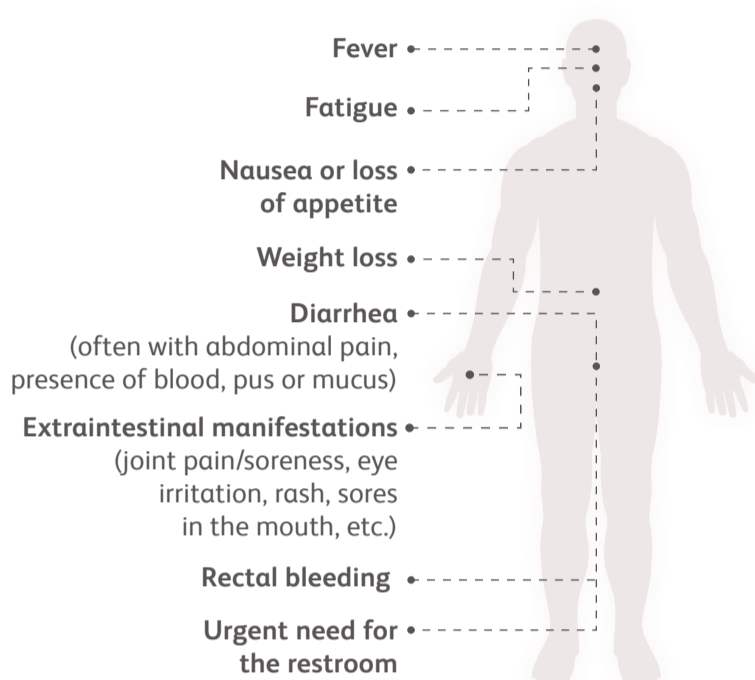
Symptoms

Signs and symptoms of ulcerative colitis can range from mild to severe.

Patients with UC may experience ongoing disease symptoms, or have episodes of symptom-free remission, which can be followed by relapse or flares.⁷

Though UC is usually not a fatal disease, it is serious, and in some cases, may cause life-threatening complications, including an increased risk of colorectal cancer (CRC), toxic megacolon/bowel obstruction and need for a colectomy.^{5,7} UC patients are almost 2.5 percent more likely to develop CRC than those without UC.⁸

When the disease is active, symptoms may include:^{5,6}



Effect on Quality of Life

Living with UC may severely affect quality of life, particularly during flares and relapses.

Physical hurdles may include:⁹

- Pain, fatigue or discomfort from disease symptoms
- Surgery, including placement of an ostomy bag or removal of the colon and rectum
- Frequent need to use the restroom

Socio-psychological hurdles may include:⁹

- Stress, anxiety and/or depression related to the uncertain nature of disease, including flare timing or ability to locate restroom
- Social isolation or perceived stigma surrounding bowel-related symptoms
- Poor body image

UC can also place a financial burden on patients and impact their ability to work.⁹

Diagnosis & Treatment

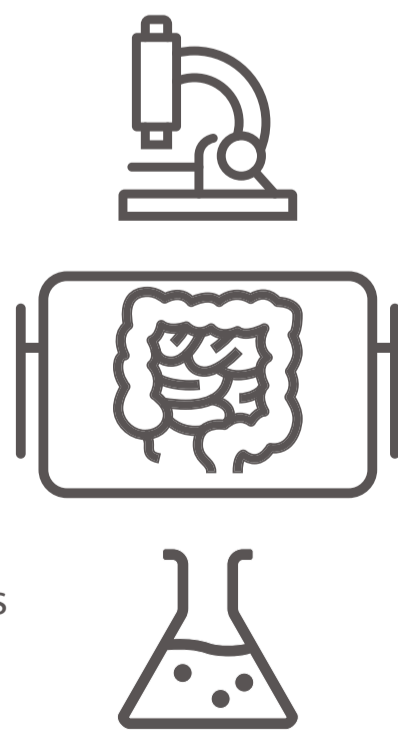
There is no single test to identify a patient who might have UC, nor is there a known cause – many physicians believe there may be genetic, environmental or immune-related origins.⁶

Typically, physicians will conduct a number of tests, including:⁵

- Blood test
- Stool sample
- Colonoscopy or flexible sigmoidoscopy, with biopsies
- Imaging tests, such as a computed tomography (CT) scan

There are treatment options available that can help manage flares and keep patients in remission, including:⁵

- 5-aminosalicylates
- Small Molecule Therapies
- Corticosteroids
- Biologics
- Immunomodulators
- Surgery



Bristol Myers Squibb is committed to identifying and pursuing new treatment options to help deliver transformational medicines for patients with UC and other immune-mediated diseases.

1. European Federation of Crohn's & Ulcerative Colitis Associations (EFCCA). Basic information. <https://www.efcca.org/en/basic-information>. Accessed 15 May 2020.

2. Crohn's & Colitis Foundation. What is Ulcerative Colitis? <https://www.crohnscolitisfoundation.org/what-is-ulcerative-colitis>. Accessed 15 May 2020.

3. Ulcerative Colitis and Crohn's Disease." P T. 2014 Aug; 39(8): 576-577.

4. Datamonitor Healthcare. Ulcerative Colitis Pharma Intelligence Disease Analysis. Available from www.datamonitorhealthcare.com. May 2020.

5. "Ulcerative colitis." The Mayo Clinic. Accessed April 25, 2019. <https://www.mayoclinic.org/diseases-conditions/ulcerative-colitis/symptoms-causes/syc-20353326>.

6. "Ulcerative colitis." National Institute of Diabetes and Digestive and Kidney Diseases. Accessed April 26, 2019. <https://www.niddk.nih.gov/health-information/digestive-diseases/ulcerative-colitis>.

7. Crohn's and Colitis Foundation of America. The facts about inflammatory bowel disease. Accessed April 29, 2019. <https://www.crohnscolitisfoundation.org/assets/pdfs/ibdfactbook.pdf>.

8. Jess T et al. "Risk of colorectal cancer in patients with ulcerative colitis: a meta-analysis of population-based cohort studies." Clin Gastroenterol Hepatol. 2012 Jun;10(6):639-45. doi: 10.1016/j.cgh.2012.01.010.

9. McMullan C, Pinkney TD, Jones LL, et al. Adapting to ulcerative colitis to try to live a 'normal' life: a qualitative study of patients' experiences in the Midlands region of England. BMJ Open 2017; 7:e017544. doi: 10.1136/bmjopen-2017-017544