

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}

It is estimated that approximately **12.6 million** people worldwide have IBD, which includes UC and Crohn's disease.³

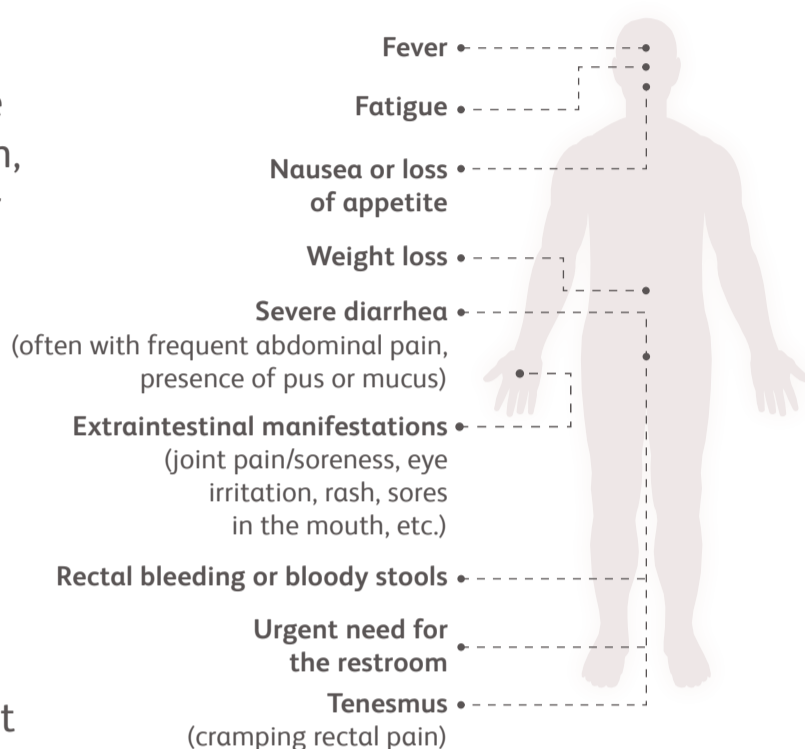
Symptoms

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.⁶

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.^{4,6} UC patients are almost 2.5 percent more likely to develop CRC than those without UC.⁷

When the disease is active, symptoms may include:^{4,5}



Effect on Quality of Life

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

Physical hurdles may include:⁸

- 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 impacts may include:⁸

- 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.⁸

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.⁵

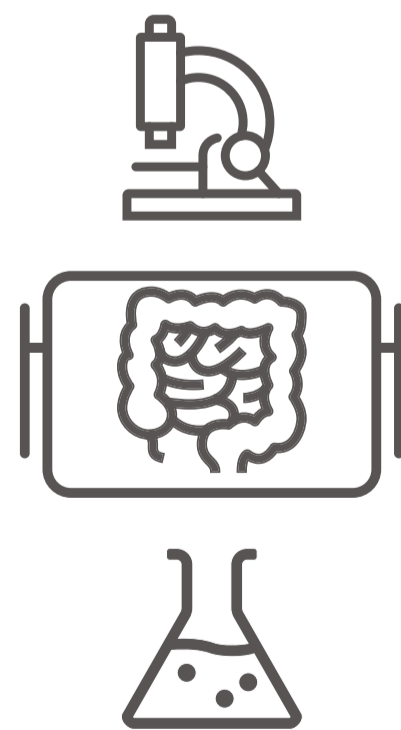
Typically, physicians will conduct a number of tests, including:⁴

- 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, achieve endoscopic improvement and keep patients in remission, including:⁴

- 5-aminosalicylates
- Biologics
- Corticosteroids
- Surgery
- Immunomodulators

Despite a number of available treatment options, patients with UC often cycle through multiple treatment options as their disease progresses and symptoms worsen.⁹



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.

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