

## **Colitis**

An inflamed and irritated colon can be very painful, affecting your daily life. Over time, it can affect your nutrition and health.

If the inflammation is present in the inner lining of the colon, the condition is called colitis. Immediate treatment can prevent colitis from becoming worse and causing an infection in the colon.

The team of board-certified colorectal specialists at Huntington Colorectal Surgeons has helped many patients experience relief from colitis and its symptoms. We can help you get back to health through timely, customized care.

Contact us to schedule a consultation. Our medical practice is based in Pasadena, California, and we serve patients from across the San Gabriel Valley.

### **How does colitis occur?**

Colitis occurs when you have:

- A bacterial or viral infection in the inner lining of the large intestine.
- Inflammation & injury to the colon due to inadequate blood supply (also called Ischemic colitis).
- Allergic reaction to something you ate/drank.
- Inflammatory bowel disease
- Heredity.
- Age.
- Lifestyle & diet.

You'll identify the onset of colitis through the following primary symptoms:

- Abdominal pain & cramping.
- Bloated abdomen.
- Watery stools (sometimes with the presence of blood).
- Persistent diarrhea.

These symptoms will result in secondary symptoms such as:

- High fever.
- Acute dehydration (due to the frequent bouts of diarrhea).
- Joint stiffness & pain.
- Eye inflammation.
- Excessive fatigue

If you experience a combination of these primary and secondary symptoms, please visit our Pasadena colorectal doctors immediately. Timely medical intervention can prevent the colitis from progressing to the more serious form of the disease, called ulcerative colitis.

### **What is Ulcerative Colitis?**

Ulcerative colitis is a type of inflammatory bowel disease that causes very acute inflammation and sores on the large intestine's inner lining. Unlike colitis, which can be treated in a few weeks, ulcerative colitis is a long-term illness and can become a permanent affliction in some patients.

Ulcerative colitis is a chronic disease that does not have a cure today. The only thing you'll be able to do is to seek treatment to manage the symptoms.

### **Signs of ulcerative colitis**

Ulcerative colitis shows the same primary and secondary signs as colitis but poses additional symptoms as well, such as:

- Ulcers/canker sores in the colon.
- Skin infection & inflammation.
- Bouts of severe constipation, despite the urgency to pass stools.
- Weight loss.
- Impaired growth (especially in children).

This condition is very painful, causing immense abdominal and rectal pain. It can affect the quality of your life and peace of mind.

### **Types of ulcerative colitis**

Depending on the location of the sores and inflammation in the colon, there are five types of ulcerative colitis:

- **Ulcerative proctitis**

This is the mildest form of the disease. Here, the inflammation and the sores are localized near the anus and the anal opening.

- **Proctosigmoiditis**

The inflammation extends from the rectum to the lower portion of the large intestine.

- **Left-sided colitis**

Here, the infection is localized in the descending colon, sigmoid colon, and the rectum. The descending & sigmoid colon sections of the large intestine are the sections nearest to the rectum.

- **Pancolitis**

This is a severe form of ulcerative colitis that affects the entire colon.

- **Fulminant or acute severe colitis**

This type of ulcerative colitis is the most severe and one of the rarest manifestations of the disease. The patient experiences very serious fever, cramps, and bleeding.

In any form, ulcerative colitis can make you very vulnerable to very serious conditions like blood clots in the veins and arteries, colon perforation, liver disease, osteoporosis, and colorectal cancer. Medical intervention can protect you from these conditions.

At Huntington Colorectal Surgeons, Dr. Howard Kaufman, Dr. Gabriel Akopian and Dr. Julianne Golan have extensive experience helping patients diagnosed with ulcerative colitis. We can alleviate the discomfort and help prevent further inflammation and ulceration of the colon. Our treatments are designed to lead to a remission in the symptoms.

## **How we diagnose colitis disease**

Our highly-experienced and licensed colorectal surgeons use the following techniques to diagnose colitis and ulcerative colitis:

- Blood & stool testing
- Sigmoidoscopy
- Colonoscopy
- MRI/CT/X-ray scan of the colon and abdomen

Based on the results we obtain, we identify the nature of the illness and develop a highly-customized treatment plan, suited to your unique medical needs.

## **Treatments for colitis & ulcerative colitis**

If the colitis hasn't ulcerated yet or the ulcerative colitis is very mild, then specially-formulated drugs may be prescribed to reduce colon inflammation. Medication may also be prescribed to manage the symptoms.

However, if your condition is severe, then surgery may be the best option. Our surgeons, led by Dr. Howard Kaufman, specialize in proctocolectomy – the surgical removal of the rectum and the colon's diseased parts.

We are one of the premier surgical facilities in the San Gabriel Valley to specialize in robotic surgery. Our minimally-invasive procedures ensure that the incision is tiny, no extensive cutting is done, the healing time is short and scars are inconspicuous.

We conduct the surgery by putting you under sedation. After removing the inflamed and ulcerated parts of the colon and rectum, we may do one of the following to help you with bowel movement:

- **Ileal Pouch Anal Anastomosis**

A part of the ileum (the final section of the small intestine) is resected and used to create a pouch, which is attached to the end of the colon. The fecal matter from the colon is deposited in this pouch and from here, it moves to the anus for defecation.

- **Ileostomy**

Here, a small opening called “stoma” is created on the abdomen. This opening is connected to the ileum and fecal matter comes out of this stoma. You will wear a bag to collect the fecal matter, and the bag can be changed after each bowel movement.

If you have any queries about our procedure, feel free to contact us today.

## **Sources:**

<https://www.medicinenet.com/colitis/article.htm>

<https://surgery.ucsf.edu/conditions--procedures/proctocolectomy.aspx>

<https://www.mayoclinic.org/diseases-conditions/ulcerative-colitis/diagnosis-treatment/drc-20353331>