

Ulcerative Colitis

Definition:

A chronic inflammatory bowel disease affecting the colon and rectum.

Symptoms:

- Abdominal pain and cramping
- Bloody diarrhea
- Weight loss

Risk Factors:

- Genetic factors
- Autoimmune disorders

Home Remedies:

- Probiotic-rich foods
- Hydration with electrolyte drinks

Medical Remedies:

- Anti-inflammatory drugs
- Immunosuppressants

Prevention:

- Balanced diet with fiber intake

Consult a Doctor if:

- Severe rectal bleeding occurs

Fun Facts:

- Ulcerative colitis increases colon cancer risk.