

Patient Name: Arjun Patel
Age: 32 years
Gender: Male
Nationality: Indian

Chief Complaint: The patient presents with abdominal discomfort and altered bowel habits.

History of Present Illness: The symptoms started six months ago and have persisted. The patient reports abdominal bloating, crampy pain, and alternating episodes of constipation and diarrhea. No significant changes in appetite or weight.

Medical History: The patient has a family history of inflammatory bowel disease (IBD).

Physical Examination: Abdominal examination reveals mild tenderness in the lower abdomen. No other abnormal findings.

Investigations: Blood tests show elevated levels of inflammatory markers. Colonoscopy reveals evidence of inflammation in the colon.

Diagnosis: The patient is diagnosed with ulcerative colitis.

Treatment Plan: The patient will be referred to a gastroenterologist for further evaluation and management. Medications to induce and maintain remission, such as aminosalicylates, corticosteroids, and immunosuppressive agents, may be prescribed. Dietary modifications and lifestyle changes will also be recommended. Regular follow-up appointments will be scheduled to monitor disease activity and adjust treatment as needed.