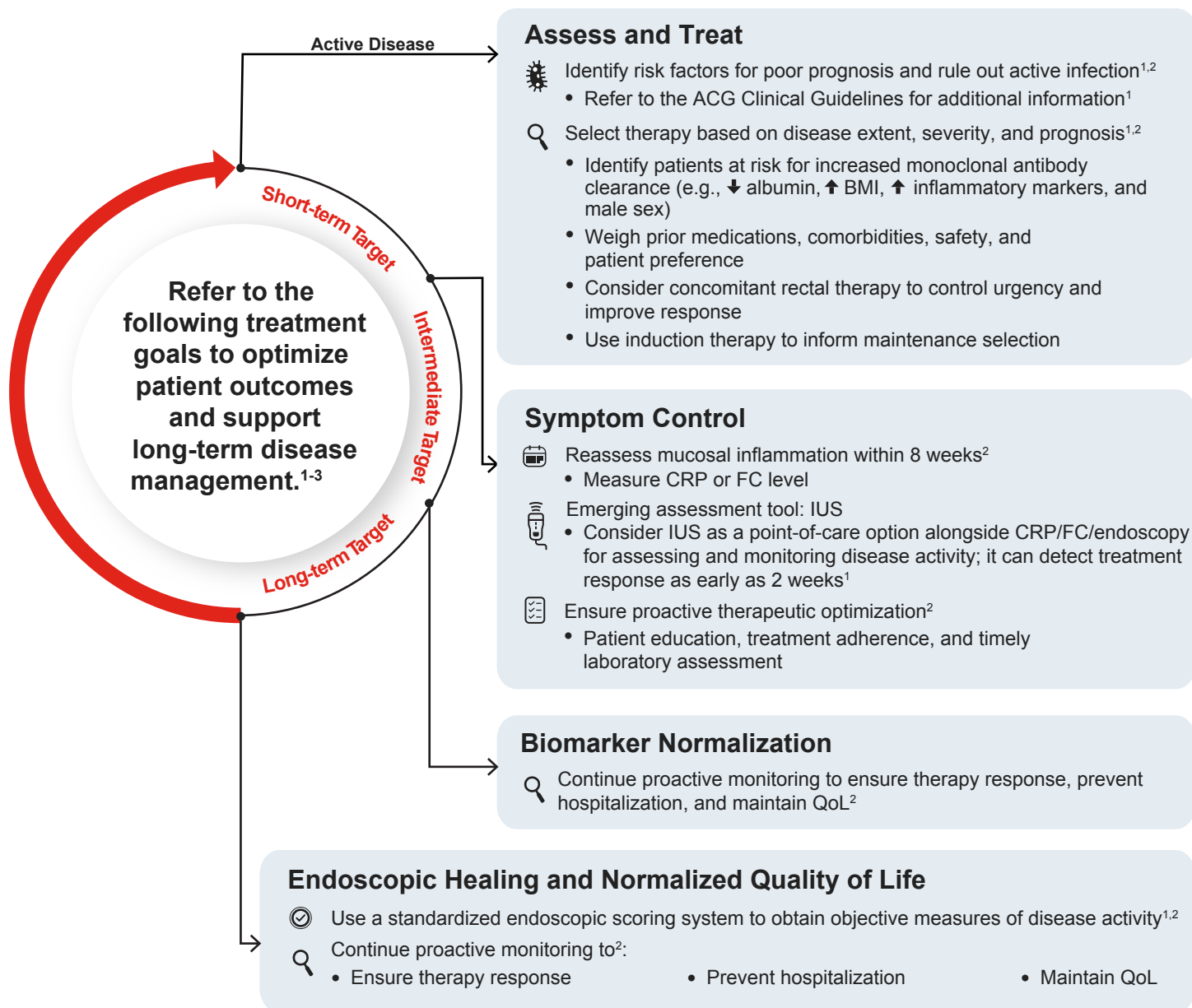


Managing Patients With Ulcerative Colitis



Factors influencing disease severity^{1,2}:

- ✓ Neoplasia
- ✓ Age <40 years at diagnosis^a
- ✓ CDI or CMV infection^a
- ✓ Hospitalizations for UC^a
- ✓ Emergency department visits
- ✓ CS requirement^a
- ✓ ↑ CRP^a
- ✓ ↑ ESR^a
- ✓ Extensive colitis^a
- ✓ ↓ Serum albumin^a
- ✓ Severe endoscopic disease (MES=3, UCEIS≥7)^a

Severe UC exacerbation triggers^{1,2}:

- ✓ CDI and CMV infection
- ✓ Polypharmacy
- ✓ Cessation of smoking
- ✓ Nonadherence to maintenance therapy
- ✓ Pseudomedical resistance (mesalamine intolerance)
- ✓ Pregnancy
- ✓ NSAID use

Long-term management in UC requires regular assessments to evaluate disease activity and severity for treatment selection and optimization.²

^aPoor prognostic factor. The greater the number of poor prognostic factors, the worse the prognosis, measured by the likelihood of colectomy.
ACG=American College of Gastroenterology; BMI=body mass index; CDI=Clostridioides difficile infection; CMV=Cytomegalovirus; CRP=C-reactive protein; CS=corticosteroid; ESR=erythrocyte sedimentation rate; FC=fecal calprotectin; IUS=intestinal ultrasound; MES=Mayo endoscopic subscore; NSAID=nonsteroidal anti-inflammatory drugs; QoL=quality of life; UC=ulcerative colitis; UCEIS=Ulcerative Colitis Endoscopic Index of Severity

1. Rubin DT, et al. *Am J Gastroenterol*. 2025;120(6):1187-1224. 2. Rubin DT, et al. *Gastroenterol Hepatol*. 2021;17(2):59-66. 3. Turner D, et al. *Gastroenterology*. 2021;160(5):1570-1583.