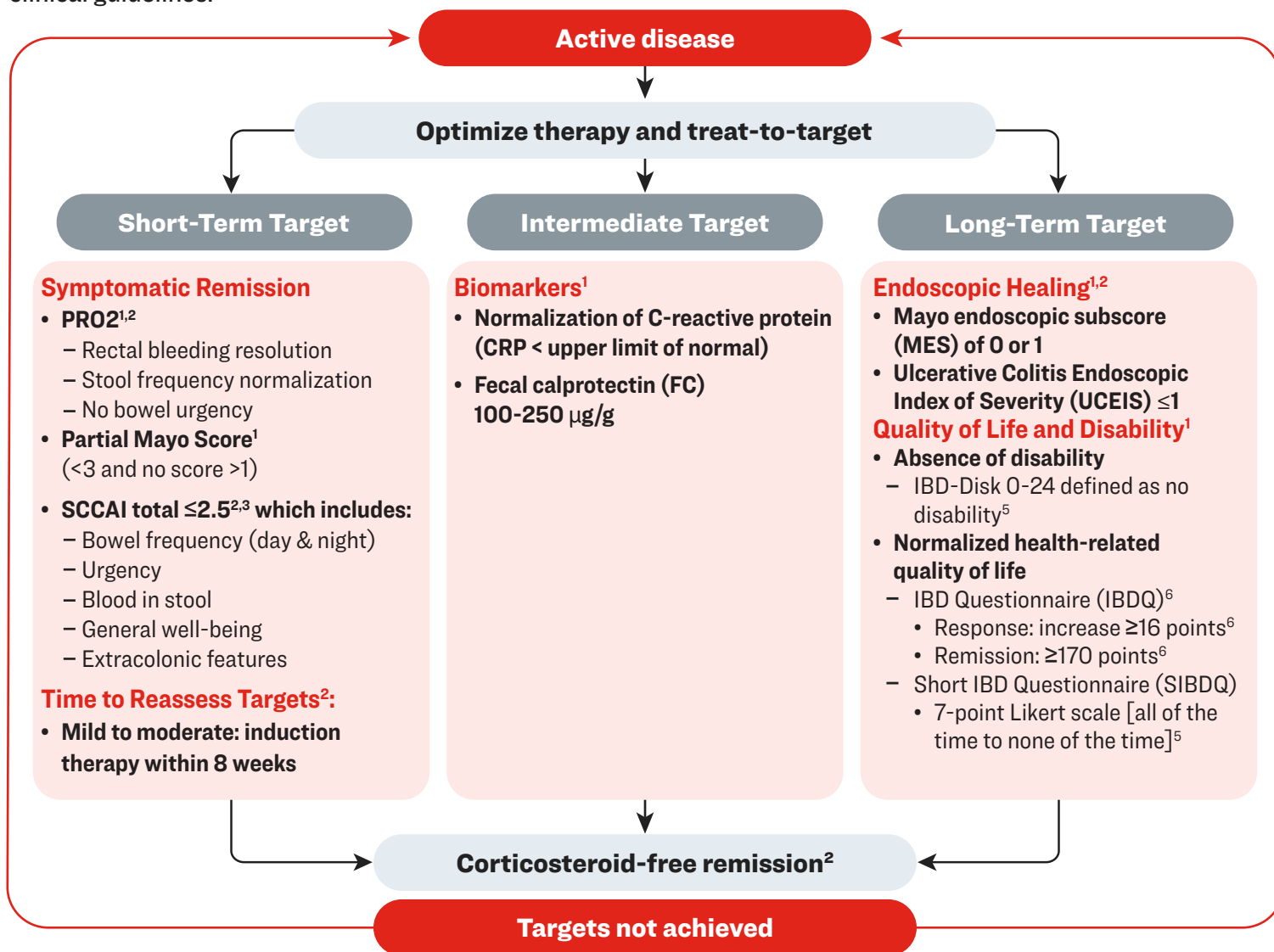


Treatment Targets in Adults With Ulcerative Colitis

Current guidelines support the implementation of a treat-to-target strategy to facilitate individualizing treatment decisions and improving long-term outcomes in patients with ulcerative colitis (UC)^{1,2}. The following management strategies include recommendations from STRIDE-II and the American College of Gastroenterology (ACG) clinical guidelines.



Additional Consideration

Histologic Healing⁴

- Nancy histological index (NHI) Grade 0⁴
- Geboes score (GS) <2A⁴
- Roberts histopathology index (RHI) ≤3⁴ without neutrophils in lamina propria and epithelium and without ulcers or erosions

Strategies for the management of patients with UC should include timely introduction of treatment and reassessment of response to meet the patient's individualized treatment goals^{1,2}

ACG=American College of Gastroenterology; CRP=C-reactive protein; FC=fecal calprotectin; IBD=inflammatory bowel disease; IBDQ=IBD Questionnaire; IBDISI=IBD Symptom Index; MES=Mayo endoscopic subscore; PRO=patient-reported outcome; SCCAI=Simple Clinical Colitis Activity Index; SIBDQ=Short IBD Questionnaire; UC=ulcerative colitis; UCEIS=Ulcerative Colitis Endoscopic Index of Severity.

1. Turner D, et al. *Gastroenterology*. 2021;160(5):1570-1583. 2. Rubin DT, et al. *Am J Gastroenterol*. 2025;120(6):1187-1224. 3. Higgins PDR, et al. *Gut*. 2005;54(6):782-788. 4. Wetwittayakhang P, et al. *Journal of Clinical Medicine*. 2021; 10(23):5551. 5. Schreiber S, et al. *Journal of Crohns and Colitis*. 2023; 18(1):91-105. 6. Irvine EJ, et al. *Inflamm Bowel Dis*. 2008;14(4):554-565.