

In Ulcerative Colitis, inflammation occurs on the lining of the large intestine

Ulcerative Colitis (UC) is a form of auto-immune Inflammatory Bowel Disease. It results in your own body attacking the inner lining of the large bowel causing inflammation. Side effects of UC can include diarrhoea, pain, rectal bleeding, dehydration, anemia and/or fatigue.

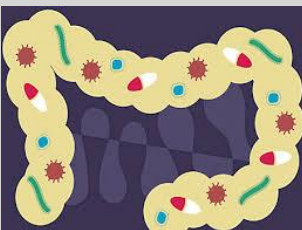
Diet and stress have been found to play a significant role in the quantity and severity of your flare ups, so consider how you can optimise your diet and lifestyle to maximise your health.

Minimise extra stress in you life

Dealing with your stress levels is important for your health, weight and overall quality of life. Chronically high stress levels can also jeopardise your immunity and not only put you at risk of more cold and flu infections, but can also increase the likelihood of having an UC flare up. Make your health a priority and prevent stress by ensuring that you make adequate time for physical activity, relaxation and your loved ones.

Modify your diet

Your diet can have a big impact on your health and how you deal with UC. Obviously it is important that you follow the key nutritional guidelines such as staying hydrated, limiting caffeine and alcohol that can overstimulate your bowel, avoiding foods that worsen symptoms such as spicy foods and following a low residue diet during flare ups to prevent further aggravating bowel inflammation. However, did you know that the balance of good and bad bacteria in your gut play a role in your immunity and bowel health? Research studies have suggested that during times of remission, the amount and activity of the good bacteria can be improved to reduce inflammation and the reoccurrence of flare ups.



Good and bad bacteria naturally occur in your gut

Pre-biotics

Pre-biotics are foods which stimulate the activity of beneficial bacterial in your gut. This is favourable because these bacteria ferment sugars from foods containing resistant starch such as multigrain bread, potatoes and bananas to produce short chain fatty acids. Short chain fatty acids in turn are used by the colon as fuel to absorb nutrients and fluid aiding in digestion as well as repairing inflamed tissue. Researchers therefore believe that pre-biotics may assist in maintaining remission periods for longer.



Some brands of yoghurt have added beneficial bacteria to boost their pro-biotic benefits

Pro-biotics

Pro-biotics are live bacteria which survive the journey through your intestines without being digested, reaching your bowel and are able to proliferate. Pro-biotics can come in the form of yoghurts containing live bacteria, bacteria-containing drinks such as 'Yakult', as well as supplements. The increased amount of good bacteria growing in your bowel is believed to have a role in preventing infections, promoting healthy immune function and affecting intestinal metabolism which can significantly reduce your frequency of flare ups.

Don't cease following your prescribed medical therapy regimen as it plays an imperative part in preventing flare-ups, managing symptoms and also to prolonging remission times. Additional dietary options such as pre- biotics and pro-biotics can be used alongside your traditional medications. Together it is an inexpensive way to potentially prolong periods of remission and keep you feeling your best.

Where to get extra help

It doesn't matter if you've recently been diagnosed or if you've had UC for years, it is important to have regular reviews with your dietitian. Your Dietitian can help manage your symptoms (and avoid any extra), prevent and/or correct any deficiencies and help give you tips to ensure that you are feeling your best. For more information and to make an appointment call us on 1300 438 550 or visit www.melaniemcgrice.com.au



Medications and diet can work alongside each other to improve your health