



Inflammatory bowel diseases: A systematic review of ulcerative colitis

Bianca Dela Mura Pasquarelli

Graduated in Medicine

Institution: Faculty of Medicine of Marília (FAMEMA)

E-mail: drbiancapasquarell@gmail.com

ORCID: <https://orcid.org/0000-0002-2642-8828>

José Lima Assunção Júnior - Advisor

Medical Doctor, Post-Graduation in Allergy and Immunology, Post-Graduation in Dermatology

E-mail: juniorassuncao36@gmail.com

Priscilla Estephane da Costa Carvalho

Medical

Institution: UNICEUMA

Address of the school

E-mail: pri1carvalho@hotmail.com

Rebeca Lara da Costa Carvalho, Brazil

Undergraduate student in Medicine

E-mail: rebeca-laraa@hotmail.com

Vanessa dos Santos Shimisu

Anhembi Morumbi University - UAM

Address: Avenida Deputado Benedito Matarazzo, 6070 - Jd aquários, São Jose dos campos/ SP

E-mail vaness@shimisutec.com.br

Natalia Murad Schmitt

Medical

Institution: CEUMA University

Address: Rua Josué Montello, No. 1, Bairro - Renascença II, São Luís - MA, CEP: 65075-120

E-mail: nataliamurad@hotmail.com

Mikael Coutinho Silva

Medicine, Ceuma

Thereza Cozzolino Ferreira Raffaelli

Undergraduate student in Medicine

Address: Avenida Barão do Rio Branco, 1003, Centro, Petropolis - RJ Institution: Faculty of Medicine of Petrópolis

E-mail: thee.cozzolino@gmail.com

ABSTRACT

Inflammatory bowel diseases (IBDs) are a group of chronic pathologies that affect the gastrointestinal tract.

Keywords: Inflammatory bowel diseases (IBDs), Ulcerative colitis (UC).



1 INTRODUCTION

Inflammatory bowel diseases (IBDs) are a group of chronic pathologies that affect the gastrointestinal tract. Ulcerative colitis (UC) is one of the main IBDs, characterized by ongoing inflammation in the colon and rectum. This systematic review aims to provide a comprehensive analysis of recent studies on UC, addressing its epidemiology, symptoms, diagnostic methods, treatment, and patients' quality of life.

2 OBJECTIVES

1. To analyze the prevalence and incidence of ulcerative colitis in different regions and demographic groups.
2. To assess the clinical symptoms and complications associated with UC.
3. Investigate methods of diagnosing and monitoring disease progression.
4. Discuss available treatment options and emerging therapies for UC.
5. To examine the psychosocial impact and quality of life of patients with UC.

3 METHODOLOGY

To perform this systematic review, searches were conducted in academic databases, such as PubMed and Scopus, using keywords related to ulcerative colitis. Studies published in the last five years that addressed the aforementioned objectives were selected. The methodological quality of the studies was assessed, and the relevant results were synthesized and discussed.

4 DISCUSSION

4.1 EPIDEMIOLOGY

The prevalence of UC varies worldwide, with incidence increasing in some regions. Genetic and environmental factors play roles in susceptibility to the disease.

4.2 SYMPTOMS AND COMPLICATIONS

Symptoms of UC include bloody diarrhea, abdominal pain, weight loss, and fatigue. Serious complications can arise, such as toxic megacolon and colorectal cancer.

4.3 DIAGNOSTICS AND MONITORING

Colonoscopy and biopsies are essential for diagnosing and monitoring UC. Advances in imaging techniques and biomarkers aid in assessing the extent and severity of inflammation.



4.4 TREATMENT AND EMERGING THERAPIES

Treatment aims to induce and maintain remission of symptoms. Medications such as aminosalicylates, corticosteroids, and biologic agents are used. Emerging therapies, such as Janus kinase inhibitors, are being investigated.

5 RESULTS

This systematic review highlights the complexity of ulcerative colitis, from its epidemiology to the therapeutic options under development. Understanding risk factors and symptom severity is essential for proper management of the disease. Advances in diagnosis and treatment have improved patients' quality of life and reduced serious complications.

6 CONCLUSION

Ongoing knowledge and research in ulcerative colitis is crucial to improving patients' lives and optimizing treatment strategies. With a deeper understanding of its epidemiology, symptoms, and therapeutic options, healthcare providers can provide more effective care and improve the quality of life for individuals affected by this chronic disease. The search for more effective therapies and the prevention of serious complications remains a priority in the management of ulcerative colitis.