

# Ulcerative Colitis



Ulcerative Colitis is a chronic disease causing inflammation and sores (ulcers) on the inner lining of the colon (main part of the large intestine). Although any age may be affected, it usually begins between the ages of 16-25 years, and is equally common among women and men. Sometimes there is a family history of the disease, and this indicates an increased risk of developing colon cancer.

## **Causes of Ulcerative Colitis**

The cause of Ulcerative Colitis is not known. Some scientists believe that the inflammation of the colon is a reaction caused by the body's immune system turning against itself. Instead of protecting its own tissues, it destroys or damages them. The disease usually begins slowly, but the initial acute attack, or a flare-up, may occur without warning. About 10% of those affected by ulcerative colitis recover completely and suffer no re-occurrence. For the remainder, the disease is chronic, with a pattern of intermittent flare-ups followed by remission.

## **How is Ulcerative Colitis diagnosed?**

There is no single test to identify ulcerative colitis. Techniques used include sigmoidoscopy, an examination in which a hollow tube with lighting devices is inserted into the rectum, via the anus. A barium enema (X-ray with radio-opaque liquid introduced via the anus) may be carried out, but not usually during a flare-up, since there is a danger of perforating the intestinal wall. A biopsy (removal of a tissue sample for laboratory examination) may be performed from the colon to rule out Crohn's disease, a chronic inflammatory disease that may affect any portion of the digestive tract.

## **Symptoms of Ulcerative Colitis**

- Bloody diarrhoea
- Frequent, loose stools containing blood and pus
- Abdominal pain
- Fever
- Loss of appetite and weight
- Malaise (tiredness)

## **TCM Drug Free Pain Control**

Acupuncture works in a preventative capacity as well as dealing with the problem initially. The following regime is always followed, but each type of ailment is unique to the individual and so will be treated according to the individual cause.

- All treatments take into consideration the psychological effect the ailment has on you and your lifestyle
- Acupuncture
- Herbs which are prescribed in pill or raw form depending on the individual palate and case
- Local laser to treat tender spots occurring in the regional anatomy
- Electro-acupuncture therapy
- Cupping/Moxibustion
- Massage
- Exercise
- Dietary advice

What a relief! A drugless alternative to the pain you have been experiencing. And it has been proven for thousands of years. TCM works because it establishes your body's equilibrium by correcting your energy imbalances.

TCM works in a curative and preventative manner. Incidentally, the frequency and duration of your treatment will vary according to your individual condition. Generally speaking, the longer a patient has had a particular condition, the longer it will take to treat.

TCM has a strong sense of commitment and purpose to each patient; this is why we are the only clinic offering one-hour treatments with each appointment and an extremely high success rate.

If we can be of further assistance please do not hesitate to call.

*masters of TCM Pty Ltd*

A.B.N. 22 074 633 211

435 Riversdale Road Hawthorn East Vic 3123 Phone 9882 2255 [www.mastersoftcm.com.au](http://www.mastersoftcm.com.au)