

ulcerative proctitis

Ulcerative Proctitis is the term that refers to a common subcategory of ulcerative colitis, where there is inflammation of the lining of the rectum, called the rectal mucosa. Ulcerative Colitis is a relatively common disease where the entire colon (large intestine) is involved with an inflammatory process that often results in ulcerations, bleeding and the destruction of the colon's lining. It is an inflammatory disease and has some similarity to the related disorder, Crohns Disease. (See earlier Consultant Medical Fact Sheet – Crohns Disease). The end of the colon (the rectum) is always involved in Ulcerative colitis, but when the inflammation is limited to the rectum, it is called **ulcerative proctitis**.

Causes

Ulcerative Proctitis can be short term (acute) or long term (chronic). It is most often caused by sexually transmitted diseases, including gonorrhoea, syphilis, herpes simplex (genital herpes), candidiasis and chlamydia. It may also be caused via non-sexually transmitted infection – which is less common, autoimmune disease – such as ulcerative colitis and crohn's disease, and noxious agents.

Symptoms

Symptoms of Ulcerative proctitis can include:

- Rectal pain or discomfort
- Rectal bleeding
- Rectal discharge – pus
- Bloody stools
- Constipation
- Tenesmus (pain with defecation)
- Cramping and lower back pain

Ulcerative Proctitis can be diagnosed through physical examination and the sufferer's history. Tests to determine ulcerative proctitis include: Proctoscopy, Sigmoidoscopy, rectal culture and the examination of stool samples.

Treatment

In addition to conventional treatments including antibiotics for proctitis caused by infection, ulcerative proctitis can be treated through the use of acupuncture and

herbs. Additionally, nutritional supplements such as omega -3 fatty acids and magnesium, may also provide relief from the symptoms of proctitis. For most, the outcome is positive with the correct treatment.

On the SureSlim Program

Clients with ulcerative proctitis and ulcerative colitis will be given the seed and nut replacements. We recommended that if possible they include garlic in their diet. Limiting the consumption of dairy foods, may help, as will the avoidance of caffeine and carbonated drinks. It is recommended that these clients consume 30mL of Aloe Vera juice three times a day, immediately after a meal.

References: <http://digestive-disorders.health-cares.net/ulcerative-proctitis.php>
<http://adam.about.com/encyclopedia/001139prv.htm?terms=ulcerative+proctitis>