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CHRONIC COLITIS

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ABSTRACT

The article examines the origin, clinical course, treatment and prevention of colitis. The arsenal of specialists includes our own modern diagnostic laboratory, the latest examination methods and extensive experience in the effective treatment of diseases. See your doctor in time to avoid complications, learn more about the prevention, diagnosis and treatment of chronic colitis.

KEYWORDS: *Colitis, Disease Symptoms, Diagnosis And Treatment, Prevention And Prognosis.*

INTRODUCTION

Chronic colitis is a disease localized in the colon. This is an inflammation of the mucous membrane, which is accompanied by characteristic symptoms - diarrhea, pain, constipation, rumbling, excessive gas formation. This is one of the most common diseases of the digestive system, affecting mucous, sub mucous and muscle tissues.

Causes and risk factors

Chronic intestinal colitis can be triggered by a number of reasons:

- Improper nutrition is the most common cause of the onset of the disease. Monotony, a minimum of vitamins, a lot of proteins and carbohydrates, little fiber - all these are factors that can affect the development of pathology.

- Low mobility, alcohol consumption.
- Diseases of the stomach and digestive system as a whole - gastritis, pancreatitis, enteritis, cholecystitis, as a result of which food is improperly processed by enzymes.
- Consequences of acute intestinal infections, worms and other parasites.
- Impaired bowel function, including congenital.
- Consequence of taking drugs that affect the intestinal environment.
- Exogenous intoxication with mercury, arsenic, phosphorus salts, lead.
- Endogenous intoxication caused by uremia, hyperthyroidism.
- Liver failure.
- Exposure to radiation, radiation therapy.
- Atherosclerosis - causes ischemic colitis in older patients.
- In women during pregnancy.
- After

Most of the mentioned risk factors are united by impaired digestion of food, as a result of which the multiplication of pathogenic bacteria is accelerated. The process of assimilation of the basic elements from food is disrupted, and dysbiosis begins.

Symptoms of the disease

- The emergence and exacerbation of chronic colitis in adults and children is characterized by a number of signs:
 - First of all, the manifestation of the disease is pain of a spastic aching nature. Often localization is the left iliac region, stomach. On examination, the doctor determines the enlarged areas of the rectum. The pain becomes more pronounced after eating and goes away after a bowel movement and flatulence.
 - Problems with stools - often with constipation and faeces that are fragmented and covered with mucus or diarrhea. There is also "obstructive diarrhea" - the release of liquid feces after a portion of the normal.
 - Pain with the urge to empty the bowels.
 - Bloating, rumbling, flatulence.
 - Colitis types
 - Colitis classification depending on the main symptom:
 - According to the etiology of occurrence, the following types are distinguished:
 - 1. Primary:
 - Infectious - caused by pathogenic fungi.
 - Toxic - chemical intoxication.

- Parasitic - caused by parasites.
- Allergic - a reaction to drugs or food.
- Radiation.
- Lymphocytic, collagenous and others - etiology is still unknown.
- Mechanical - a consequence of multiple constipation.
- Medication - a reaction to taking antibiotics and other medications.
- 2. Secondary - is a consequence of other diseases, how to treat it depends on the circumstances that provoked the disease.
- Ulcerative colitis is most likely due to allergies. It rarely manifests itself and passes with inflammation and the formation of necrotic ulcers.
- Diagnostics
- Chronic colitis is detected by the following stages of the examination:
 - Coprological studies - analysis of feces in order to determine the quality of metabolic processes and the state of the digestive system as a whole. Signs of colitis are usually white blood cells and red blood cells in the test samples, as well as mucus in large quantities.
 - Irrigography or X-ray of the intestine to determine the localization of the disease, assess the state of the mucous membrane, determine dyskinesia.
 - Sigmoidoscopy and colonoscopy are important studies to help diagnose catarrhal and atrophic changes in the colon.

Chronic colitis treatment

The chosen treatment depends on the patient's condition, the exact diagnosis. If it is possible to treat a patient on an outpatient basis, he does not need to be in the hospital. The treatment regimen depends on which doctor is treating and how serious the situation is.

First of all, it is important to follow the diet. The patient receives recommendations on the menu, a list of what not to eat, advice on diet. The basic rule is fractional meals only with permitted foods. In the stage of exacerbation of the disease, work related to business trips and interfering with the observance of the correct daily routine is prohibited.

Compliance with the diet is complemented by medication and pain pills. Usually these are antibacterial agents, vitamins, enzymes, sorbents, decoctions and herbal tinctures. Physical therapy also has a beneficial effect on the healing process. These are electrophoresis, amplipulse, diadynamic currents, **and acupuncture**.

Possible complications

In case of untimely or incorrect treatment, as well as non-compliance with the recommendations, the patient runs the risk of getting:

- Intestinal bleeding.
- Perforation of the ulcer.

- The appearance of adhesions.
- Diverticulitis
- Intestinal obstruction.

Which doctor to contact

When the first warning signs appear, you must make an appointment with a gastroenterologist. Treatment of chronic colitis in the acute stage in a hospital requires an appointment with a proctologist. Better doctor's proctologists in Moscow are available in the clinic of the Central Clinical Hospital of the Russian Academy of Sciences. The arsenal of specialists includes our own modern diagnostic laboratory, the latest examination methods and extensive experience in the effective treatment of diseases. See your doctor in time to avoid complications, learn more about the prevention, diagnosis and treatment of chronic colitis.

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