

Question 42 – Week of December 1

A patient was referred to your clinic with a recent diagnosis of ulcerative colitis involving the distal colon for management. Which is the correct statement?

- A. Extension to universal colitis occurs in less than 5% of subjects.
- B. Oral steroids are the treatment of choice for inducing remission.
- C. Topical steroids are more effective than topical 5-ASA's.
- D. A combination of oral and topical 5-ASA is the treatment of choice.
- E. Topical 5-ASA is not effective for maintenance of remission unless given daily.

Answer: D

Extension of ulcerative colitis occurs in 25-50% over a period of years. Oral steroids are usually not required if oral and topical mesalamine is initiated. Many patients will continue to respond to topical 5-ASA if administered every other day or 3 times weekly.

Reference:

1. Cohen RD, et al. A meta-analysis and overview of the literature on treatment options for left-sided ulcerative colitis and proctitis. *Am J Gastroenterol* 2000;95:1263-1276.