

## Poster Presentation 10

### ULCERATIVE COLITIS: IS IT ONLY A DISTAL DISEASE IN SRI LANKA?

M.S.B. Tillakaratne, M.I.M. de Zoysa, D.N. Samarasekera  
 Professorial Surgical Unit, National Hospital of Sri Lanka,  
 Colombo, Sri Lanka.

#### Introduction

Ulcerative colitis (UC) is a chronic inflammatory bowel disease with frequent exacerbations including the risk of toxic megacolon and colorectal cancer. Not all patients are at high risk to develop cancer. Wide extent and long duration of disease are correlated with increased risk.

#### Material and methods

To assess the extent of colitis (on presentation) in a cohort of patients presenting to a single surgical unit

Ulcerative colitis patients who came to our clinic over a period of six months were included in the study, taking in to account the lower GI endoscopy findings and the histology report of the biopsy samples on their first presentation. Extent of colitis was categorized as distal colitis (rectum and sigmoid), left sided colitis (up to splenic-flexure), near total colitis (up to hepatic-flexure) and panproctocolitis.

#### Results

The study sample included a total of 27 patients with 11(41%) males and 16(59%) females. Median age was 42 (range 11-65).

	Endoscopy	Histology
Distal colitis	10	7
Left sided colitis	5	8
Near total colitis	6	8
Total colitis	6	4

Only 26% (histologically) had distal colitis with 74% (histologically) having more extensive involvement.

#### Conclusion

The patients in our study had more extensive involvement of the colon and not merely distal disease. We hope that studies from other specialised units in Sri Lanka will confirm or dispute our findings in the future.