

Colitis

Each person has specific toxic exposures along with dietary and genetic weaknesses that are causing their symptoms. Toxic exposures can be inorganic like heavy metals, DDT, VOC's, Radio-active waste and any other chemical-like food additives or pesticides and fertilizers sprayed on the foods. They can also be organic or living organisms like parasites, bacteria, viruses, or fungi. All the different possible combinations make it difficult to accurately address issues unless you have experienced medical professionals mapping through all your different clinical symptoms.

Dr. Marilyn Tucker founded The Vibrant Health Community to do Symptom Mapping to be able to bring a completely personalized plan for each person. When you join the Vibrant Health Community you have your own medical team of doctor, pharmacist and health coach. This Team specializes in Integrative-Complementary Medicine. They will work with your personal physician to bring you to a place of as much natural healing as your body will allow. For those of you that have health issues that require prescription medications, your Team can help introduce natural measures that can reduce the imbalances and complications that inevitably come with prescription medication. This can reduce side effects and possible additional drugs having to be introduced.

Definition

Colitis is an inflammation of the large intestine (colon).

Causes, incidence, and risk factors

Colitis is an inflammation of the large intestine that can be caused by many different disease processes. These processes include acute and chronic infections, inflammatory disorders (ulcerative colitis, Crohn's colitis, lymphocytic and collagenous colitis), lack of blood flow (ischemic colitis), and history of radiation to the large bowel.

For more information about a specific type of colitis see:

- [Pseudomembranous colitis](#)
- [Crohn's disease](#) (regional enteritis)
- [Ulcerative colitis](#)
- [Ischemic colitis](#)
- [Necrotizing enterocolitis](#)
- [Cryptosporidium enterocolitis](#)
- [CMV colitis](#) (a viral infection of the colon)

Symptoms

Symptoms can include abdominal pain, diarrhea, dehydration, abdominal bloating, increased intestinal gas, and bloody stools.

Signs and tests

Colitis may be identified by flexible sigmoidoscopy or colonoscopy -- in both of these tests, a flexible tube is inserted in the rectum, and specific areas of the colon are evaluated. Biopsies taken during these tests may show changes related to inflammation.

Other studies that can identify colitis include:

- [Barium enema](#)
- [Abdominal CT scan](#)
- [Abdominal MRI](#)
- [Abdominal x-ray](#)

Treatment

Treatment is directed at the underlying cause of disease, whether it be infection, inflammation, lack of blood flow, or another cause.

See particular conditions listed above for specific recommendations.

Expectations (prognosis)

The prognosis varies with each disease. See particular conditions listed above.

Complications

Colitis may result in bleeding, ulceration, perforation (a hole in the colon), or toxic megacolon.

Calling your health care provider

Call your health care provider if you have symptoms like abdominal pain, abdominal distention, or blood in the stool.

Prevention

Prevention depends upon the underlying cause of colitis. See the specific condition.