

Ulcerative Colitis Surgery

Ulcerative colitis surgery involves removing all or part of the colon, which includes the large intestine and rectum. Ulcerative colitis surgery is the only known cure for the disease, but it can often be controlled with medication and complimentary treatment programs including botanicals, vitamins, dietary changes and chiropractic therapy. There is no specific diet for someone with ulcerative colitis. Experts and healthcare professionals as well as those who suffer from the disease do not always agree on what foods to include in or exclude from a diet for someone with ulcerative colitis. In an effort to delay or negate the necessity for ulcerative colitis surgery, many patients look for alternative and supplemental treatments. Some are unhappy with the side effects associated with their prescription medications, but even those who do research concerning alternative treatments do not recommend that anyone stop taking their medicine. It is important to control the disease. A special diet for someone with ulcerative colitis may not be enough. If symptoms are mild, then natural remedies and dietary changes may be effective, but it is a chronic disease, meaning it has a tendency to flare up again and again overtime. For this reason counseling and support groups are often recommended before and after ulcerative colitis surgery. Chronic diseases often lead to depression and/or anxiety. Anxiety can aggravate symptoms of the disease. A diet for someone with ulcerative colitis should be well-balanced, on this point everyone agrees. Frequent diarrhea may prevent the body from being able to use essential nutrients. Frequent bleeding may lead to anemia. Vitamin supplementation, particularly with Vitamins D and B12, should be added to the diet for someone with ulcerative colitis. When symptoms are severe and cannot be controlled with medication or if the colon becomes so inflamed that perforation is a possibility, the only real option is ulcerative colitis surgery. Foods to include in or exclude from a diet for someone with ulcerative colitis is a point on which there is little agreement. Some experts suggest that nuts, meats and eggs should be excluded while others say to include these foods. The best way to find an effective diet for someone with ulcerative colitis is to record what foods cause flare-ups and avoid those foods. A well balanced diet is one that includes a combination of fresh foods, salt and preservatives may aggravate symptoms. Products containing caffeine, sugar and other things that may have a laxative effect should be avoided. Alcohol and cigarette smoking should be avoided. A special diet for someone with ulcerative colitis may not exist, but there are many diets that individuals have found effective.

About the Author

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